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FROM THE EDITOR

AVOCADO ABUNDANCE

There's no shortage of applications for avocados.

In this special issue, we have 100+ recipes featuring avocados. Blend them seamlessly into soups like Creamy Mulligatawny *(p. 61).* Quick-pickle avocado slices to serve alongside Roasted Tomato Chilaquiles *(p. 13),* and use avocado in a marinade for juicy Fried Chicken Sandwiches *(p. 83).*

Avocados' creamy and relatively neutral flavor makes them excellent for sweet recipes too. Give them a try in baked-good batters, such as banana bread *(p. 19)* and chocolate cupcakes *(p. 95).* Whirl avocado into fruit smoothies *(p. 20),* semifreddo *(p. 93),* or cocktails like grasshoppers and piña coladas (starting on *p. 28*).

Step up your appetizer game with recipes for guacamole *(p. 44)* and dips *(p. 22).* Layer sandwiches with luscious Avocado-Herb Pesto *(p. 81),* and level up salads with crunchy Avocado Croutons *(p. 69).*

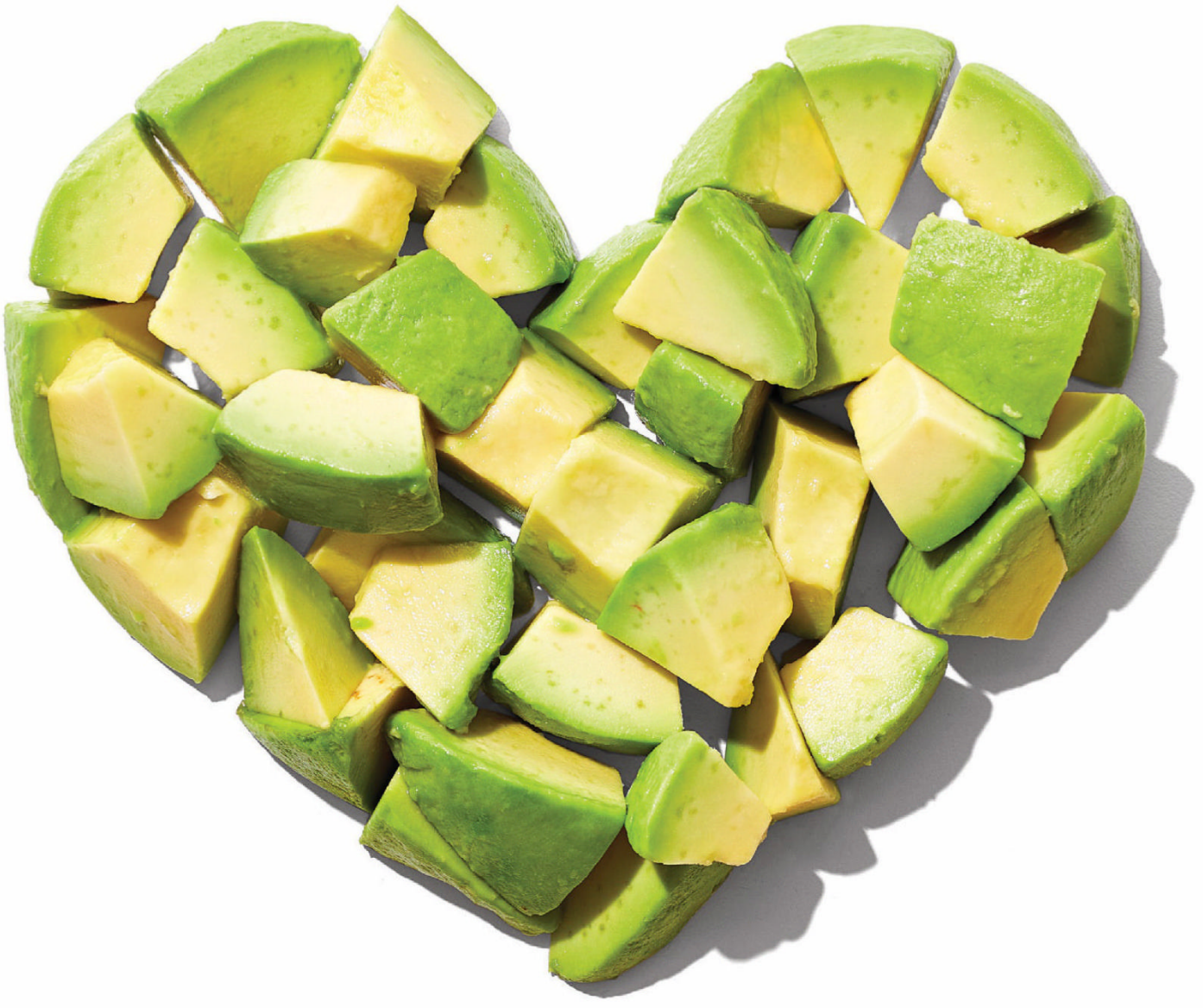
BUT DON'T OVERTHINK IT: No recipe is needed to enjoy these green beauties. Simply halve, pit, and top off with a few so-delicious ideas *(right).* Or try my favorite filling featured on the cover: blueberries, red onion, chile-lime seasoning, and cilantro. Or fill with the Apple and Melon Fruit Salad *(p. 75)* and savor by the forkful. You can find more avocado-as-vessel ideas on *p. 78.*

Plus, learn how to buy, store, and prep avocados and all their amazing health benefits starting on *p. 4.*

Avo-catch ya later,

CD

Caitlyn Diimig, RD
Senior Food Editor



4 REASONS TO EAT MORE AVOCADOS

Avocados contain a bevy of nutrients, so go ahead and dip into that bowl of guacamole for full-body advantages.

BENEFIT YOUR HEART

Eating an avocado weekly can reduce your risk of heart disease by 16 percent, according to a 2022 study published in the *Journal of the American Heart Association*. Scientists say the healthy fat, fiber, and antioxidants in the green fruit may protect against high blood pressure and cholesterol. Avocados also contain 10 percent of the daily value of potassium, a nutrient essential for blood pressure regulation. For a heart-healthy lunch, replace mayo in your sandwich with a schmear of avocado.

IMPROVE YOUR GUT HEALTH

People who eat an avocado a day have more good-for-you microbes that support gut health, according to a 2020 University of Illinois study. Healthy gut microbes improve digestion and nutrient absorption, but newer research has also found a link to better mental health outcomes, including reduced anxiety and depression. Blend avocado flesh in your morning smoothie along with probiotic kefir or yogurt for extra gut-boosting benefits.

PROTECT YOUR VISION

A whole avocado will get you a quarter of your daily vitamin E needs. Research shows this vitamin reduces oxidative stress and can cut the risk of advanced age-related macular degeneration (AMD), a condition that causes vision loss. Avocados also contain the carotenoids lutein and zeaxanthin, which protect the eyes from UV light damage, according to the Harvard T.H. Chan School of Public Health. To further boost eye health, sprinkle avocado over lutein- and zeaxanthin-rich eggs at breakfast time.

BOOST YOUR BRAIN HEALTH

Avocado eaters have significantly better recall compared to nonavocado consumers, according to a 2021 study published in the journal *Frontiers in Nutrition*. A smaller study also linked avocados to improvements in brain health; avocado eaters significantly improved from baseline in memory and spatial tests. Researchers theorize the lutein content in avocados is behind the brain-boosting benefits. Dip carrot and bell pepper sticks in guacamole to level up your brain.

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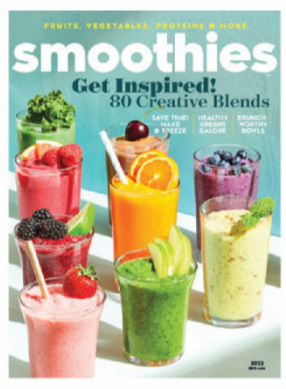

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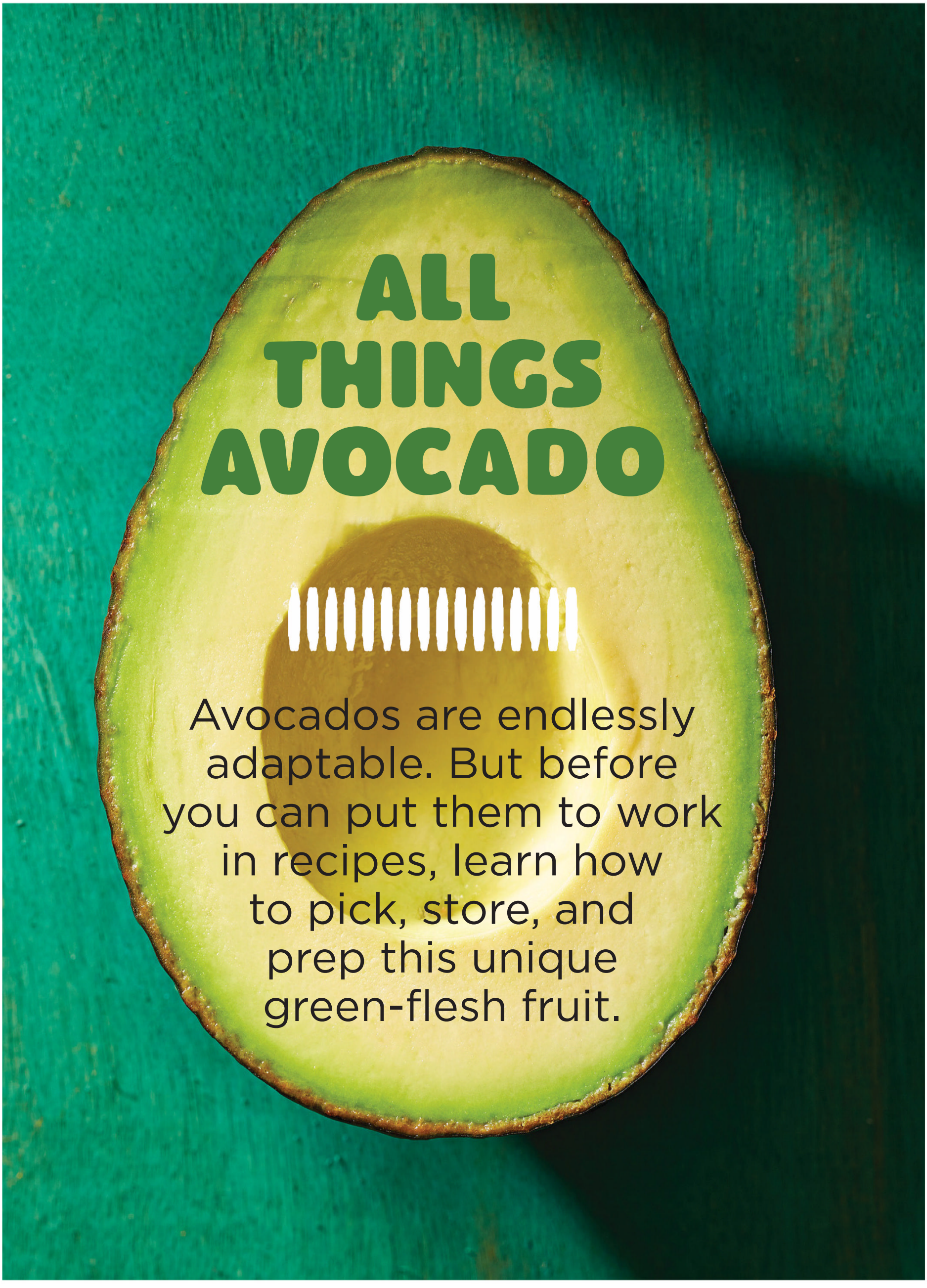


ALL THINGS AVOCADO

Avocados are endlessly adaptable. But before you can put them to work in recipes, learn how to pick, store, and prep this unique green-flesh fruit.

ABOUT AVOCADOS

Botanically speaking, the avocado is considered a fruit—more specifically a berry, because it grows on a tree and has a large seed, or pit, in the center.

Avocados are native to Mexico and Central America but have firmly taken root in both Florida and California, thanks to warm climates.

<< **Hass avocados,** the pebbly-skin and most widely available variety, are typically grown in California, Mexico, and Chile. They're known for their dense, buttery texture and subtle nutty flavor.

OTHER AVOCADO VARIETIES

ZUTANO
A thin-skin variety that stays green even when ripe. Because the flesh has a lower oil content, it has a more fibrous texture. Enjoy sliced in salads or on a sandwich.

REED
More round than oval, the nutty buttery flesh of this variety is pale gold with a relatively large seed. Mash and use as a sandwich spread or incorporate into baked-good batters.

BACON
Although this variety is less oily than a Hass avocado, the flesh is flavorful with a creamy texture. Once ripe, eat them quickly, as the seed cavity tends to mold.

GEM
This variety has a rough, thick black skin speckled with gold. Known for their rich creamy flesh, enjoy them like you would a Hass avocado.

ETTINGER
This pear-body variety was first cultivated in Israel and has a pale, mild-tasting flesh. Give them a try blended into smoothies.

TROPICAL OR FLORIDA
These large smooth, green-skin avocados have a lower oil content and a fresh, grassy flavor. Use them to chop and adorn grain bowls.

THE DO'S

stem check

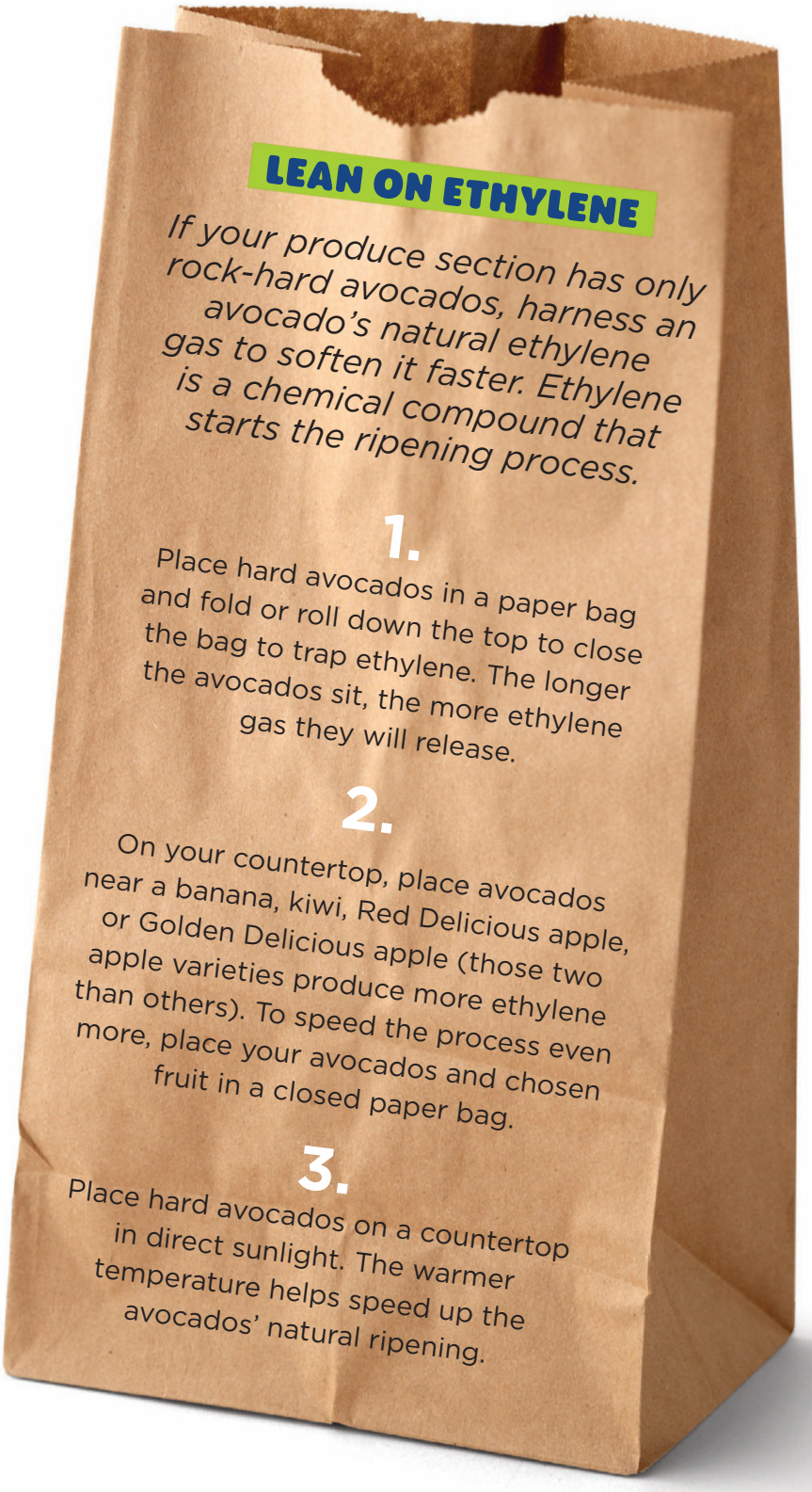
To check an avocado for ripeness, peel back the small stem at the top of the avocado. If it lifts away easily and the flesh appears green underneath, the avocado should be at or near ideal ripeness and ready to devour. If the stem doesn't lift off, it's not yet ripe but can likely be used in the next couple of days. If the flesh under the stem is brown, the fruit is likely overripe or may have brown-spotted flesh.

squeeze

Give the avocado a gentle squeeze. If it yields, it is ready to be used right away and may even last up to 2 days when stored at room temperature. If it yields slightly, it will likely be ripe within 2 to 3 days. Firm avocados may take about 5 days to be ready for eating.

storage

Store uncut avocados at room temperature on your countertop. If an avocado is soft and you need to halt the ripening process, you can refrigerate it for up to 3 days. If you've cut into an avocado and need to store leftovers, brush or squeeze fresh lemon or lime juice over the flesh. The acid will help prevent oxidation or browning. Refrigerate for up to 3 days.



LEAN ON ETHYLENE

If your produce section has only rock-hard avocados, harness an avocado's natural ethylene gas to soften it faster. Ethylene is a chemical compound that starts the ripening process.

1.

Place hard avocados in a paper bag and fold or roll down the top to close the bag to trap ethylene. The longer the avocados sit, the more ethylene gas they will release.

2.

On your countertop, place avocados near a banana, kiwi, Red Delicious apple, or Golden Delicious apple (those two apple varieties produce more ethylene than others). To speed the process even more, place your avocados and chosen fruit in a closed paper bag.

3.

Place hard avocados on a countertop in direct sunlight. The warmer temperature helps speed up the avocados' natural ripening.

WASH UP *One in five avocado skins carry harmful bacteria, such as listeria or salmonella, according to the FDA. And while you don't eat the avocado skin, when you slice through it, the knife can transport that bacteria to the flesh. So be sure to give your avocados a good rinse just before slicing.*

THAT'S THE PITS

If you slice into an avocado and realize it's still underripe, keep the pit in its original position and follow these steps to soften the fruit.

RUB the flesh of each avocado half with lemon or lime juice. Place the halves back together (with the pit in the middle) and squeeze firmly to seal the sides together as much as possible.

WRAP the avocado tightly in a layer or two of plastic wrap.

REFRIGERATE the wrapped avocado and check it daily.

WHAT NOT TO DO

The internet is rife with cooking hacks and tricks, but they don't all work. There are widespread tips for ripening avocados in your microwave or oven, but pros from California Avocados and Avocados From Mexico agree that, although safe, these cooking hacks will diminish the flavor and texture of the fruits. The FDA does warn against a popular TikTok hack that prevents browning by submerging halved avocados in water and storing them in the refrigerator overnight. The FDA says this is unsafe due to residual pathogens (such as listeria monocytogenes and salmonella), which may grow and thrive in that specific environment and cause food poisoning.

NICE SLICE

Here's how to pit and slice avocados safely.

1.

SLICE AROUND AND TWIST APART

After washing your avocado, use a chef's knife to make a lengthwise cut around the seed (or pit), cutting through the skin and fruit. Holding the avocado in your hands, gently twist the two halves in opposite directions to separate them.

2.

REMOVE AVOCADO PIT

Cut each half again to create quarters. The seed will be sticking out from one quarter and ready for plucking by using a spoon to scoop under the pit. Or if you'd like to maintain halves, carefully cut into the pit with a chef's knife using a quick downward motion. With the blade gripping the pit, twist to pull the pit out of the flesh.

3.

PEEL THE AVOCADO

Gently peel away the skin from each of the quarters using your fingers. Or you can use a small spoon to scoop out that green fruit. From there, you can slice, chop, or mash it to your desire.

TEST KITCHEN TIP
Always cut your ripe avocado with a sharp knife on a cutting board. Do not pit or slice it while it is in the palm of your hand.

FREEZER PLEASERS

QUARTERED AVOCADOS

Place peeled and quartered avocados in a resealable bag, removing as much air as possible, and freeze for up to 1 month. If desired, you can brush quarters with lemon or lime juice and wrap them in plastic before placing them in the resealable bag.

MASHED AVOCADOS

Mash avocado flesh to desired consistency along with a squeeze of lemon before placing the avocados in a resealable bag and pressing flat. Freeze up to 6 months. Fresh avocado is best for most recipes, as the thawed flesh may have a less creamy texture. However, thawed frozen mashed avocado makes a delicious smoothie addition.

AVOCADO OIL

The healthy fats in avocados can be extracted to make cooking and baking oil. According to the California Avocado Commission, avocados get a good washing before they are pitted and skinned. The avocado pulp is mashed and pressed, and then goes through a drum that spins at high speeds. This forces the oil and water out of the pulp to be separated for bottling. The result is a thick oil with a dark green hue. Avocado oil has a neutral flavor profile and a high smoke point (500°F), which makes it great for just about any sweet or savory recipe. Swap avocado oil for olive or canola oils in salad dressings and blueberry muffins, and when roasting vegetables and grilling meats.

BREAKFAST

A.M. AVOCADOS

Take your pick from six recipes featuring the energizing egg-and-avocado duo—a near-perfect package of healthy fats, protein, and nutrients to get your day going. But if you prefer a sweeter start, take a peek at our cinnamon rolls, muffins, and quick bread (yes, also loaded with avocado!).

Avocado Breakfast Bowls

START TO FINISH 25 minutes

- **1 cup water**
- **½ cup red quinoa, rinsed**
- **1 Tbsp. olive oil**
- **4 eggs**
- **½ tsp. seasoned salt**
- **½ tsp. black pepper**
- **2 avocados, halved, seeded, peeled, and sliced**
- **1 cup halved cherry tomatoes**
- **1 recipe Lemon-Herb Vinaigrette**
- **¼ cup crumbled feta cheese**

1. In a saucepan combine the water and quinoa. Bring to boiling; reduce heat. Simmer, covered, until tender, about 15 minutes.

2. Meanwhile, heat oil in a 12-inch skillet over medium. Add eggs; cook to desired doneness. Sprinkle with seasoned salt and pepper.

3. Divide cooked quinoa between four bowls. Top with eggs, avocado, and tomatoes. Drizzle each with 2 Tbsp. dressing. Serve with feta. **Makes 4 servings.**

LEMON-HERB VINAIGRETTE In a small bowl whisk together ¼ cup olive oil; 3 Tbsp. fresh lemon juice; 1 Tbsp. chopped fresh herbs (such as basil, parsley, chives, and/or cilantro); 1 tsp. Dijon mustard; ½ tsp. sugar; 1 small clove garlic, sliced; and ⅛ tsp. each salt and black pepper. Makes about ½ cup. Cover and chill up to 3 days.

PER SERVING *456 cal., 35 g fat (7 g sat. fat), 194 mg chol., 464 mg sodium, 27 g carb., 8 g fiber, 3 g sugars, 12 g pro.*

GREEN SHAKSHUKA

Green Shakshuka

START TO FINISH 30 minutes

- **2 Tbsp. butter**
- **1 Tbsp. olive oil**
- **1 cup halved and sliced leeks**
- **⅛ to ¼ tsp. crushed red pepper**
- **1 cup halved and sliced zucchini**
- **⅓ cup chopped green onions**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 8-oz. pkg. baby spinach (about 8 cups)**
- **¼ cup chopped fresh parsley**
- **2 Tbsp. fresh lemon juice**
- **4 eggs**
- **1 avocado, halved, seeded, peeled, and sliced**
- **¼ cup plain whole milk yogurt**
- **¼ cup crumbled feta cheese**
- **1 Tbsp. chopped fresh chives**
- **1 Tbsp. chopped fresh cilantro**
- **4 slices sourdough bread, toasted**

1. In a 10-inch skillet heat butter and oil over medium until butter is melted. Add leeks and crushed red pepper; cook, stirring occasionally, about 3 minutes. Add zucchini, green onions, and ⅛ tsp. each salt and black pepper. Cook, stirring occasionally, about 3 minutes. Add spinach and ⅛ tsp. each salt and black pepper. Cook, covered, until spinach is wilted, about 3 minutes. Stir in parsley and 1 Tbsp. of the lemon juice; cook until vegetables are just tender, about 1 minute.
2. Reduce heat to medium-low. Make four small indentations in vegetable mixture. Carefully crack an egg into each indentation. Season eggs with remaining ¼ tsp. each salt and black pepper. Cook, covered, until whites are set and yolks are beginning to thicken, about 3 minutes.
3. Meanwhile, for avocado sauce, in a blender or food processor combine avocado, yogurt, and remaining 1 Tbsp. lemon juice. Blend until smooth, scraping down sides as needed.
4. Sprinkle shakshuka with feta, chives, and cilantro. Serve with avocado sauce and toast. **Makes 4 servings.**
PER SERVING *387 cal., 27 g fat (8 g sat. fat), 206 mg chol., 704 mg sodium, 27 g carb., 8 g fiber, 4 g sugars, 14 g pro.*

QUICK-PICKLED AVOCADOS

In a small saucepan combine ⅔ cup each vinegar and water, 3 Tbsp. sugar, 1½ tsp. salt, and ½ tsp. crushed red pepper. Bring to boiling over medium, stirring to dissolve sugar. Remove from heat; transfer vinegar mixture to a large jar. Halve, seed, and peel 2 firm, ripe avocados. Cut each avocado half into 5 or 6 slices; add to jar. Let stand at room temperature 30 minutes. Cover; chill at least 30 minutes or up to 3 hours. Drain before serving.

Roasted Tomato Chilaquiles

START TO FINISH 45 minutes

- **2 Tbsp. vegetable oil**
- **1 cup chopped onion**
- **3 cloves garlic, minced**
- **2 14.5-oz. cans fire-roasted diced tomatoes, undrained**
- **1 to 2 canned chipotle peppers in adobo sauce**
- **½ tsp. salt**
- **1 cup reduced-sodium chicken broth**
- **8 cups corn tortilla chips**
- **Nonstick cooking spray**
- **6 eggs**
- **¼ cup sour cream**
- **¼ cup crumbled Cotija cheese or queso fresco**
- **2 radishes, thinly sliced**
- **Quick-Pickled Avocados (recipe, *left*)**
- **Fresh cilantro**

1. In a 12-inch deep skillet heat oil over medium. Add onion; cook and stir until beginning to turn golden, about 5 minutes. Add garlic; cook 1 minute more. Transfer onion mixture to a blender. Add tomatoes, chipotle pepper, and salt. Cover and blend until nearly smooth. Pour sauce into skillet. Bring to boiling; reduce heat. Simmer, uncovered, until slightly thickened, 5 to 7 minutes. Add chicken broth. Return to boiling; reduce heat. Simmer, uncovered, 8 minutes more. Gently stir in tortilla chips until well coated; cover and remove from heat.
2. Meanwhile, coat a 10-inch skillet with cooking spray. Heat over medium. Add eggs, half at a time if necessary. Cook to desired doneness, turning if desired. Place eggs on top of tortilla mixture. Top with sour cream, cheese, radishes, Quick-Pickled Avocados, and cilantro. **Makes 6 servings** (1 cup tortilla mixture + 1 egg + ⅓ cup avocado each).
PER SERVING *463 cal., 28 g fat (6 g sat. fat), 196 mg chol., 965 mg sodium, 41 g carb., 8 g fiber, 6 g sugars, 13 g pro.*

Mole-Style Chocolate Muffins with Spiced Pepita Streusel

HANDS ON 20 minutes **BAKE** 25 minutes at 375°F **COOL** 5 minutes

Nonstick cooking spray
1½ cups all-purpose flour
½ cup granulated sugar
2 Tbsp. unsweetened cocoa powder
1 tsp. baking powder
½ tsp. ground ancho chile pepper
¼ tsp. salt
¼ tsp. ground cinnamon
1 avocado, halved, seeded, peeled, and chopped
½ cup milk
¼ cup butter, melted
1 egg
1 Tbsp. fresh lemon juice
½ cup crumbled Cotija cheese
1 recipe Spiced Pepita Streusel
2 oz. semisweet chocolate, chopped and melted (optional)

1. Preheat oven to 375°F. Line twelve 2½-inch muffin cups with paper bake cups. Coat bake cups with cooking spray.
2. In a bowl whisk together next seven ingredients (through cinnamon).
3. In a blender combine avocado, milk, butter, egg, and lemon juice. Cover and blend until smooth. Stir into flour mixture until just combined. Fold in cheese. Spoon batter into prepared muffin cups, filling each two-thirds full. Generously top muffin batter with Spiced Pepita Streusel.
4. Bake until tops are golden brown and a toothpick comes out clean, 25 to 30 minutes. Cool in muffin cups on a wire rack 5 minutes. Remove from muffin cups; cool on wire rack. Drizzle with chocolate (if using) and sprinkle with additional cinnamon. **Makes 12 muffins.**

SPICED PEPITA STREUSEL In a medium bowl combine ¼ cup pepitas (pumpkin seeds), coarsely chopped; ¼ cup regular rolled oats; 3 Tbsp. all-purpose flour; 1 Tbsp. packed brown sugar; 1½ tsp. unsweetened cocoa powder; ¼ tsp. each salt and ground cinnamon; and ⅛ tsp. cayenne pepper. Cut 2 Tbsp. cubed butter into mixture until it resembles coarse crumbs.

PER MUFFIN *225 cal., 11 g fat (5 g sat. fat), 37 mg chol., 273 mg sodium, 27 g carb., 2 g fiber, 10 g sugars, 5 g pro.*

Avocado Egg Bakes

HANDS ON 10 minutes
BAKE 15 minutes at 425°F

Nonstick cooking spray
2 thin slices deli ham
1 avocado, halved and seeded
2 eggs
½ tsp. everything bagel seasoning*
Sliced green onion (optional)

1. Preheat oven to 425°F. Coat a 9×5-inch loaf pan with cooking spray. Pat ham slices with paper towel to dry.
2. Scoop out enough of the flesh of each avocado half to leave a ½-inch shell (tip, *below left*). Place a slice of ham in each half and gently press to secure to avocado. Place halves in the prepared pan. Crack an egg into each avocado cup. Loosely cover pan with foil.
3. Bake until egg whites are set and yolks are desired consistency, about 15 minutes. Sprinkle eggs with seasoning and green onion (if using).
Makes 2 avocado halves.
***TIP** If you can't find everything bagel seasoning at your supermarket, make your own. In a bowl stir together 1 tsp. each sesame seeds and poppy seeds, ½ tsp. each dried minced onion and dried minced garlic, and ¼ tsp. each salt and dried lemon peel.
PER AVOCADO HALF *206 cal., 16 g fat (3 g sat. fat), 194 mg chol., 273 mg sodium, 7 g carb., 5 g fiber, 1 g sugars, 11 g pro.*

MORE TO LOVE

Cooking for a crowd? Double or triple the recipe to make as many avocado halves as you need.

USE THE EXTRA

Mash the scooped-out avocado flesh with some fresh lime juice and season with salt and black pepper for a quick guacamole.

Savory Egg-and-Avocado Breakfast Salad

START TO FINISH 15 minutes

- 2 Tbsp. cider vinegar
- 2 Tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. sugar
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 4 eggs
- 6 cups fresh watercress and/or arugula
- 1 avocado, halved, seeded, peeled, and sliced
- ¼ cup fresh cilantro leaves
- ½ tsp. chile-lime seasoning, such as Tajín

1. For dressing, in a small bowl whisk together first six ingredients (through pepper).
2. Fill a 10-inch deep skillet halfway with water; bring to boiling. Add a splash of vinegar (tip, *below*); reduce heat to simmering. Break one egg into a small bowl; gently slide egg into the simmering water. Repeat with remaining three eggs. Simmer eggs until whites are set and yolks begin to thicken but are not hard, 3 to 4 minutes. Remove eggs from skillet with a slotted spoon.
3. In a serving bowl toss together watercress and/or arugula and dressing. Serve salad with poached eggs and avocado. Sprinkle with cilantro and chile-lime seasoning. **Makes 4 servings** (1½ cups greens + 1 egg + ¼ cup avocado each).

PER SERVING *200 cal., 17 g fat (3 g sat. fat), 186 mg chol., 349 mg sodium, 5 g carb., 3 g fiber, 1 g sugars, 8 g pro.*

POACHING PERFECTION

Vinegar helps the protein in the egg whites coagulate quickly for a more uniform shape.

Avocado Cinnamon Rolls

HANDS ON 50 minutes **RISE** 1 hour 10 minutes
BAKE 20 minutes at 350°F **COOL** 20 minutes

- 1 cup warm whole milk (110°F to 115°F)
- ¼ cup warm water (110°F to 115°F)
- 1 pkg. active dry yeast
- 5 Tbsp. granulated sugar
- 4¾ to 5 cups all-purpose flour
- 1⅛ tsp. salt
- ¼ cup butter, melted and slightly cooled
- 1 avocado, halved, seeded, peeled, and pureed*
- 1 egg
- Nonstick cooking spray
- 2 Tbsp. butter, softened
- ⅔ cup packed light brown sugar
- 4 tsp. ground cinnamon
- Orange Cream Cheese Frosting

1. In a medium bowl whisk together milk, the water, yeast, and 1 Tbsp. of the granulated sugar; let stand until foamy, about 5 minutes.
2. In a large bowl stir together 4¾ cups of the flour, remaining ¼ cup granulated sugar, and 1 tsp. of the salt. Add yeast mixture, melted butter, half of the avocado (¼ cup), and the egg. Beat with a mixer fitted with paddle attachment on low just until combined, about 15 seconds. Turn off mixer; switch to dough hook attachment. Beat on medium-low until a soft, tacky, elastic dough forms and dough begins to pull away from sides of bowl, 10 to 15 minutes. Add remaining ¼ cup flour, 1 Tbsp. at a time, as needed if dough is too sticky. Coat a large bowl with cooking spray. Shape dough into a ball. Place dough in bowl, turning to grease surface. Cover and let rise in a warm place until double in size, 40 to 60 minutes.
3. Punch dough down. Turn out onto a lightly floured surface. Cover and let rest 10 minutes. Meanwhile, coat a 13×9-inch baking pan with cooking spray. For filling, in a small bowl stir together remaining avocado puree and the softened butter until well combined and smooth. In another bowl stir together brown sugar, cinnamon, and remaining ⅛ tsp. salt.
4. Roll dough into an 18×12-inch rectangle. Spread with avocado filling, leaving a ½-inch border on one long side. Sprinkle evenly with brown sugar mixture. Tightly roll up, starting from filled long side, and seal seam with fingertips. Cut into 12 slices; arrange in prepared baking pan. Cover and let rise in a warm place until nearly double in size, 30 to 45 minutes.

AVOCADO CINNAMON ROLLS

5. Preheat oven to 350°F. Bake until golden, 20 to 25 minutes. Cool in pan on a wire rack about 20 minutes; remove from pan. Spread Orange Cream Cheese Frosting over rolls. Serve warm or cool to room temperature. **Makes 12 rolls.**
***TIP** To puree avocado, use a small food processor to puree it until very smooth, stopping to scrape down sides as needed. No lumps should remain. Or mash using a potato masher or a fork until as smooth as possible.
PER ROLL *449 cal., 13 g fat (7 g sat. fat), 42 mg chol., 314 mg sodium, 76 g carb., 3 g fiber, 35 g sugars, 8 g pro.*

ORANGE CREAM CHEESE FROSTING

In a large bowl beat ½ of an 8-oz. pkg. cream cheese, softened, and ½ of an avocado, halved, seeded, peeled, and pureed (tip, *left*), with a mixer on medium, stopping to scrape bowl as needed, until smooth, 1 to 2 minutes. Gradually add 1⅔ cups powdered sugar, beating until combined. Beat in enough orange juice, 1 tsp. at a time, to reach spreading consistency (2 to 3 tsp. total).

Polenta Cakes with Poached Eggs and Avocado

START TO FINISH 20 minutes

- **1 Tbsp. plus 2 tsp. olive oil**
- **1 recipe Polenta, cut into 4 slices**
- **1 tsp. vinegar**
- **2 eggs**
- **1 avocado, halved, seeded, peeled, and sliced**
- **2 cups fresh arugula**
- **2 Tbsp. jarred Calabrian pepper, undrained (optional)**
- **¼ tsp. salt**
- **¼ tsp. black pepper**

1. In a 12-inch skillet heat 1 Tbsp. of the oil over medium. Add polenta slices; cook until browned and crisp on the bottom, about 5 minutes. Turn and cook until browned on the other side, about 5 minutes more. Transfer polenta to two plates.
2. Meanwhile, fill a 10-inch deep skillet halfway with water; bring to boiling. Add vinegar; reduce heat to simmering. Break one egg into a small bowl; gently slide egg into the simmering water. Repeat with remaining egg. Simmer eggs, uncovered, until whites are set and yolks begin to thicken but are not hard, 3 to 4 minutes. Remove eggs from skillet with a slotted spoon. Place eggs on polenta.
3. Toss arugula with remaining 2 tsp. oil. Divide arugula and avocado between the plates. Drizzle with Calabrian pepper with juices (if using), and season with salt and black pepper. **Makes 2 servings.**

POLENTA In a medium saucepan bring 2 cups water and ⅛ tsp. salt to boiling. Gradually add ½ cup medium- or coarse-grind cornmeal, whisking constantly. Continue whisking until the polenta starts to thicken, 1 to 2 minutes. Reduce heat to low; cook, stirring occasionally, until very thick, about 20 minutes. Remove from heat. Spread in a 2-qt. baking dish. Cover; chill overnight.

PER SERVING *449 cal., 32 g fat (5 g sat. fat), 186 mg chol., 539 mg sodium, 33 g carb., 9 g fiber, 2 g sugars, 11 g pro.*

POLENTA CAKES WITH POACHED EGGS AND AVOCADO

TO STORE

Transfer to an airtight container and chill up to 3 days. Let stand at room temperature before serving.

Avocado Banana Bread

HANDS ON 35 minutes **CHILL** 30 minutes **BAKE** 1 hour at 325°F **COOL** 2 hours

- ½ cup butter
- Nonstick cooking spray
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. baking powder
- ¼ tsp. ground nutmeg
- ¾ cup mashed ripe bananas (3 medium)
- 2 eggs, at room temperature
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- 1 avocado, halved, seeded, peeled, and pureed (tip, *p. 17*)
- ½ cup buttermilk
- 2¼ tsp. vanilla
- ⅓ cup chopped roasted, salted pistachios
- 1½ cups powdered sugar

1. In a medium saucepan melt butter over medium. Cook, stirring frequently, until golden brown and nutty in aroma, 5 to 10 minutes. Transfer browned butter to a medium bowl; chill, uncovered, until just warm to the touch, about 30 minutes.

2. Preheat oven to 325°F. Coat an 8×4-inch loaf pan with cooking spray. Line with parchment paper, allowing 2 inches of paper to extend over edges.

3. In a medium bowl whisk together flour, ¾ tsp. of the salt, the baking soda, cinnamon, baking powder, and nutmeg. Make a well in center of flour mixture.

4. In a small bowl whisk together bananas, eggs, granulated sugar, brown sugar, avocado, ¼ cup of the browned butter, ¼ cup of the buttermilk, and 2 tsp. of the vanilla until well combined. Add banana mixture all at once to flour mixture. Stir just until moistened. Fold in pistachios. Spoon batter into prepared pan.

5. Bake until a toothpick comes out clean, 60 to 65 minutes. Cool in pan on a wire rack 10 minutes. Use parchment to remove bread from pan; cool completely on wire rack.

6. In a medium bowl microwave remaining browned butter at 10-second intervals until melted, about 30 seconds. Let cool 10 minutes. Add powdered sugar and the remaining ¼ tsp. salt and ¼ tsp. vanilla, stirring until combined. Gradually whisk in the remaining ¼ cup buttermilk. Spread glaze over top of cooled loaf. If you like, top with additional pistachios.

Makes 12 slices.

PER SLICE *328 cal., 12 g fat (6 g sat. fat), 52 mg chol., 266 mg sodium, 51 g carb., 2 g fiber, 34 g sugars, 4 g pro.*

SMOOTHIES

BETTER BLENDS

YOU CAN THANK AVOCADO FOR THE EXTRA-THICK TEXTURE IN THESE SMOOTHIES. HANDFULS OF FRUIT KEEP THINGS SWEET WITHOUT ADDED SUGARS. WE'LL DRINK TO THAT!

1. Kiwi-Peach Green Smoothies

In a blender combine 2 cups chopped fresh spinach leaves, 1½ cups frozen unsweetened peach slices, 1⅓ cups peeled and chopped fresh kiwis, 1 cup ice cubes, ¾ cup chopped avocado, ½ cup unsweetened pineapple or orange juice, and if you like, 2 Tbsp. fresh lime juice. Cover and blend until smooth. If you like, garnish with chopped spinach. **Makes 4 servings** (1 cup each).

PER SERVING *153 cal., 7 g fat (1 g sat. fat), 0 mg chol., 44 mg sodium, 24 g carb., 6 g fiber, 14 g sugars, 2 g pro.*

2. Avocado-Mint Smoothies

In a blender combine 2 cups frozen banana slices (from 3 bananas); 1 small avocado, halved, seeded, and peeled; ⅓ cup firmly packed fresh mint leaves; and 1½ cups refrigerated coconut milk. Cover and blend until smooth. Add 2 Tbsp. semisweet chocolate chips and blend until finely chopped. If you like, garnish with shaved semisweet chocolate and/or additional banana. **Makes 3 servings** (1 cup each).

PER SERVING *241 cal., 12 g fat (4 g sat. fat), 0 mg chol., 29 mg sodium, 36 g carb., 7 g fiber, 18 g sugars, 3 g pro.*

3. Green Grapes and Fennel Smoothies

In a blender combine 1½ cups frozen whole seedless grapes; 1 cup coconut water; ¾ cup cored and thinly sliced fennel; ⅓ cup plain whole milk yogurt; ¼ of an avocado, seeded and peeled; 1½ Tbsp. chopped fennel fronds; 2 tsp. agave nectar; and 1½ tsp. lemon zest. Cover and blend until smooth. If you like, garnish with fennel fronds. **Makes 2 servings** (1½ cups each).

PER SERVING *206 cal., 7 g fat (3 g sat. fat), 7 mg chol., 63 mg sodium, 37 g carb., 3 g fiber, 30 g sugars, 4 g pro.*

4. Kale-Honeydew-Cucumber Smoothies

In a blender combine 2½ cups packed fresh kale leaves; 2 cups frozen chopped honeydew melon; ¾ cup chopped cucumber; ½ of an avocado, seeded and peeled; ½ cup water; ¼ cup loosely packed fresh mint leaves; 1 to 2 Tbsp. agave nectar; 1 tsp. lime zest; and 1 Tbsp. fresh lime juice. Cover; blend until smooth. If you like, garnish with sliced cucumber and honeydew melon. **Makes 2 servings** (1½ cups each).

PER SERVING *192 cal., 7 g fat (1 g sat. fat), 0 mg chol., 85 mg sodium, 34 g carb., 8 g fiber, 24 g sugars, 5 g pro.*

HOW TO THICKEN

Place blended drink in freezer 5 to 10 minutes. To thin smoothie, add a few pieces of ice and blend until smooth.

2.

3.

4.

PARTY DIPS

DIP, DIP HOORAY!

The healthy fats in avocados give dips that indulgently creamy texture you crave, so go ahead and scoop up every last bit.

GRAPEFRUIT-
AVOCADO SALSA
p. 27
NO-COOK
SALSA VERDE
p. 27

MEET THE DIPPERS

Mix and match these dippers for new flavors and textures:

- corn and/or tortilla chips
- pita chips or torn pita or naan bread
- crackers or Spiced Crackers *(p. 27)*
- carrot and/or cucumber slices
- sliced radishes
- bell pepper strips or mini bell peppers
- sugar snap or snow peas
- endive leaves
- blanched green beans or cauliflower florets

GREEN GODDESS DIP
p. 26

WHITE BEAN-AVOCADO DIP WITH SPICED CRACKERS
p. 27

APPS & SMARABLES
EDAMAME-AVOCADO DIP
p. 26
SEVEN-LAYER DIP
p. 26

Green Goddess Dip

HANDS ON 20 minutes
CHILL 30 minutes

- ½ of an avocado, seeded and peeled
- ¼ cup lightly packed fresh flat-leaf parsley leaves
- ¼ cup lightly packed fresh tarragon leaves
- ¼ cup chopped fresh chives
- ¼ cup reduced-fat mayonnaise
- ¼ cup light sour cream
- 3 oil-packed anchovy fillets, blotted dry with paper towels
- 1½ Tbsp. tarragon vinegar or white wine vinegar
- 1 Tbsp. fat-free milk
- 1 tsp. lemon zest
- ½ tsp. black pepper

In a food processor combine all ingredients. Cover and process until smooth, scraping sides as needed. Transfer to a serving bowl; cover surface with plastic wrap and chill at least 30 minutes or up to 2 days. If you like, top with additional chopped fresh chives. **Makes 6 servings** (about 2 Tbsp. dip each).

PER SERVING *74 cal., 7 g fat (1 g sat. fat), 8 mg chol., 165 mg sodium, 2 g carb., 1 g fiber, 0 g sugars, 1 g pro.*

Seven-Layer Dip

START TO FINISH 20 minutes

- 3 avocados, halved, seeded, and peeled
- 1½ Tbsp. fresh lime juice
- ¼ cup chopped fresh cilantro
- ¼ cup salsa or salsa verde
- Garlic salt
- Black pepper
- 1 8-oz. container sour cream
- 1 1-oz. pkg. taco seasoning mix
- 1 16-oz. can refried beans
- 4 roma tomatoes, chopped
- 6 green onions, finely chopped
- 2 cups shredded Mexican-style cheese blend
- 1 2.25-oz. can pitted black olives, drained and finely chopped

1. In a medium bowl mash two of the avocados. Stir in lime juice, cilantro, and salsa. Season to taste with garlic salt and pepper. In a small bowl stir together sour cream and taco seasoning. Chop remaining avocado.
2. Spread refried beans on a serving platter or in a 3-qt. baking dish. Top with sour cream mixture; spread with mashed avocado mixture. Top with remaining ingredients and chopped avocado. **Makes 32 servings** (¼ cup dip each).

PER SERVING *82 cal., 6 g fat (2 g sat. fat), 10 mg chol., 202 mg sodium, 4 g carb., 2 g fiber, 1 g sugars, 2 g pro.*

Edamame-Avocado Dip

START TO FINISH 20 minutes

- 1 12-oz. pkg. frozen shelled edamame, blanched*
- 1 avocado, halved, seeded, peeled, and cut up
- ¼ cup chopped onion
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. basil pesto
- ¾ tsp. salt
- ¼ tsp. black pepper
- Multicolor cherry tomatoes, halved (optional)

In a food processor combine first seven ingredients (through pepper). Cover and process until nearly smooth, scraping sides as needed. Transfer to a serving bowl. Top with tomatoes (if using) and additional salt and pepper. **Makes 10 servings** (¼ cup dip each).

***TIP** To blanch frozen edamame, in a saucepan bring water to boiling. Add edamame. Return to boiling; cook 1 minute. Drain and cool.

PER SERVING *96 cal., 6 g fat (1 g sat. fat), 0 mg chol., 148 mg sodium, 6 g carb., 2 g fiber, 2 g sugars, 4 g pro.*

Mint-Avocado Dip

HANDS ON 15 minutes
CHILL 30 minutes

- 2 avocados, halved, seeded, and peeled
- 2 Tbsp. fresh lime juice
- ¼ cup fresh mint leaves, coarsely chopped
- 3 green onions, thinly sliced
- ¼ tsp. salt

In a medium bowl coarsely mash avocados and lime juice. Stir in mint, green onions, and salt. Transfer to a serving bowl; cover surface with plastic wrap and chill at least 30 minutes or up to 24 hours. If you like, top with additional mint leaves. **Makes 6 servings** (¼ cup dip each).

PER SERVING *82 cal., 6 g fat (1 g sat. fat), 0 mg chol., 90 mg sodium, 6 g carb., 4 g fiber, 0 g sugars, 2 g pro.*

HOT TIP

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

No-Cook Salsa Verde

HANDS ON 15 minutes
CHILL 30 minutes

- **12 oz. fresh tomatillos, husks removed, rinsed and quartered**
- **½ cup fresh cilantro leaves**
- **2 green onions, coarsely chopped**
- **1 fresh jalapeño pepper, seeded (if desired) and coarsely chopped (tip, *above*)**
- **½ of an avocado, seeded and peeled**
- **1 clove garlic, peeled**
- **2 Tbsp. fresh lime juice**
- **½ tsp. salt**

In a blender or food processor combine all ingredients. Cover and blend or process until smooth, scraping sides as needed. Transfer to a serving bowl; cover surface with plastic wrap and chill at least 30 minutes or up to 24 hours. Stir before serving. If you like, top with additional sliced jalapeño. **Makes 8 servings** (¼ cup each).

PER SERVING *31 cal., 2 g fat (0 g sat. fat), 0 mg chol., 148 mg sodium, 4 g carb., 2 g fiber, 2 g sugars, 1 g pro.*

Grapefruit-Avocado Salsa

START TO FINISH 30 minutes

- **2 medium grapefruits, peeled, sectioned, and chopped (about 1¼ cups) (info, *below*)**
- **1 avocado, halved, seeded, peeled, and chopped**
- **½ cup canned black beans, rinsed and drained**
- **½ cup frozen whole kernel corn, blanched***
- **¼ cup finely chopped red onion**
- **1 fresh jalapeño pepper, seeded and minced (tip, *above left*)**
- **1 Tbsp. chopped fresh cilantro**
- **1 to 2 tsp. honey**
- **Salt**

In a medium bowl combine first eight ingredients (through honey). Season to taste with salt. **Makes 12 servings** (¼ cup each).

***TIP** To blanch frozen whole kernel corn, in a saucepan bring water to boiling. Add corn. Return to boiling; cook 1 minute. Drain and cool.

PER SERVING *54 cal., 3 g fat (0 g sat. fat), 0 mg chol., 72 mg sodium, 7 g carb., 2 g fiber, 3 g sugars, 1 g pro.*

HOW TO

Section Citrus

For clean-cut, membrane-free sections, start by slicing off the top and bottom of the grapefruit so it's flat on both ends. Set the fruit on a cutting board to trim off remaining peel and pith. You should be left with a "naked" fruit. Working over a bowl to catch slices, slice out one segment at a time, working your way around, folding over empty membranes like pages of a book.

White Bean-Avocado Dip with Spiced Crackers

HANDS ON 15 minutes
BAKE 20 minutes at 250°F

- **1 15-oz. can navy beans, rinsed and drained**
- **½ tsp. salt**
- **2 avocados, halved, seeded, peeled, and chopped**
- **3 Tbsp. olive oil**
- **2 Tbsp. fresh lime juice**
- **Pomegranate seeds**
- **1 recipe Spiced Crackers**

In a food processor combine beans and salt. Process 1 minute. Add avocados, oil, and lime juice; process until smooth, scraping sides as needed, about 1 minute. Sprinkle dip with pomegranate seeds and serve with Spiced Crackers. **Makes 6 servings** (⅓ cup dip + about 5 crackers each).

SPICED CRACKERS Preheat oven to 250°F. Line a baking sheet with parchment paper. In a small saucepan melt ¼ cup butter and ½ tsp. salt over medium. Add ¼ tsp. each onion powder, garlic powder, chili powder, ground cumin, and paprika; cook, stirring constantly, until fragrant, about 1 minute. Divide one 4.25-oz. pkg. table water crackers (about 30 crackers) into thirds. Add one-third of crackers (10 crackers) to a large bowl; gently toss with butter mixture to coat. Arrange crackers on prepared baking sheet. Repeat twice with remaining crackers and butter mixture, spreading in an even layer on baking sheet. Bake 15 minutes. Turn crackers. Bake until crackers are golden brown, about 5 minutes more.

PER SERVING *372 cal., 27 g fat (7 g sat. fat), 0 mg chol., 587 mg sodium, 31 g carb., 9 g fiber, 2 g sugars, 7 g pro.*

DRINKS & COCKTAILS

AN AVOCADO WALKS INTO A BAR

... And turns into the best cocktail you've ever had. We're shaking up classic sippers—like whiskey sours, piña coladas, and salty dogs—with a smooth dose of the always-cool avocado.

Avocado Margaritas

START TO FINISH 15 minutes

- **2 cups crushed ice**
- **1 avocado, halved, seeded, and peeled**
- **4 oz. tequila (½ cup)**
- **3 oz. fresh lime juice (6 Tbsp.)**
- **2 oz. triple sec (¼ cup)**
- **1 to 2 tsp. agave nectar**
- **2 to 3 thin slices fresh jalapeño pepper (tip, *p. 27*) (optional)**
- **2 to 3 sprigs fresh cilantro (optional)**
- **Lime wedges**
- **Chile-lime seasoning (optional)**

1. In a blender combine first seven ingredients (through jalapeño) and one cilantro sprig (if using). Cover and blend until smooth.

2. Wet rims of two margarita glasses with a lime wedge. Dip rims in chile-lime seasoning (if using). Divide margarita mixture between the prepared glasses. Garnish with additional cilantro sprigs (if using) and lime wedges.

Makes 2 drinks (1½ cups each).

PER DRINK *366 cal., 10 g fat (1 g sat. fat), 0 mg chol., 7 mg sodium, 23 g carb., 5 g fiber, 13 g sugars, 1 g pro.*

Avo-Ancho Whiskey Sour

START TO FINISH 15 minutes

- 1 Tbsp. sugar
- 1 tsp. ground ancho chile pepper
- 1 lemon wedge
- Ice cubes
- 1 oz. bourbon (2 Tbsp.)
- ¾ oz. fresh lemon juice (1½ Tbsp.)
- ¾ oz. Avocado-Honey Simple Syrup (*right*) (1½ Tbsp.)
- ½ oz. Ancho Reyes liqueur (1 Tbsp.)

1. On a small plate combine sugar and ancho chile pepper. Wet the rim of an old-fashioned glass with lemon wedge. Dip rim of glass in sugar mixture. Fill glass with ice.

2. In a cocktail shaker combine bourbon, lemon juice, Avocado-Honey Simple Syrup, and Ancho Reyes liqueur. Stir to combine. Add ice to fill the cocktail shaker half full. Cover and shake well until very cold. Strain into the prepared glass. **Makes 1 drink.**

AVOCADO-HONEY SIMPLE SYRUP In a small bowl stir together ½ cup honey and ¼ cup water until honey dissolves. In a blender combine honey mixture and 1 small avocado, halved, seeded, peeled, and chopped (½ cup). Cover and blend until smooth. To store, transfer to an airtight container. Cover and chill up to 1 week.

PER DRINK *171 cal., 2 g fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 17 g carb., 1 g fiber, 15 g sugars, 0 g pro.*

Avocado Bloody Marys

HANDS ON 10 minutes
CHILL 4 hours

- **4 cups vegetable juice**
- **1 avocado, halved, seeded, and peeled**
- **½ of a 16-oz. jar medium mango salsa***
- **½ cup fresh lime juice**
- **1½ tsp. prepared horseradish**
- **½ tsp. celery salt**
- **1½ cups vodka**
- **Ice cubes**
- **Hot sauce (optional)**
- **Fresh mango slices, celery stalks, cherry tomatoes, baby cucumber spears, and/or avocado wedges (optional)**

1. In a blender combine 2 cups of the vegetable juice and next five ingredients (through celery salt). Cover and blend to desired consistency. Stir in remaining 2 cups vegetable juice and the vodka. Cover and chill up to 4 hours.
2. Serve over ice in glasses. Season with hot sauce (if using). Garnish with mango, celery, tomatoes, cucumber, and/or avocado (if using). **Makes 8 drinks** (¾ cup each).
***NOTE** A fruit-based salsa adds sweetness and balance.
PER DRINK *425 cal., 3 g fat (0 g sat. fat), 0 mg chol., 477 mg sodium, 11 g carb., 2 g fiber, 7 g sugars, 1 g pro.*

Avocado Piña Coladas

START TO FINISH 10 minutes

- 1 13.5-oz. can unsweetened coconut milk
- 1⅓ cups chopped fresh pineapple
- 1 avocado, halved, seeded, and peeled
- 6 oz. gold Jamaican rum (¾ cup)
- 3 oz. fresh lime juice (6 Tbsp.)
- ¼ cup agave nectar
- 2 cups ice cubes
- Pineapple wedges, avocado slices, and/or maraschino cherries (optional)

1. In a blender combine the first six ingredients (through agave nectar). Cover and blend until smooth. Add ice. Blend until smooth.

2. Pour into hurricane glasses. Garnish with pineapple, avocado, and/or cherries (if using). **Makes 4 drinks** (1½ cups each).

MAKE AHEAD Prepare through Step 1. Freeze in individual-size servings up to 3 months. Thaw at room temperature until desired consistency, 1 to 2 hours.

PER DRINK *433 cal., 26 g fat (19 g sat. fat), 0 mg chol., 63 mg sodium, 30 g carb., 3 g fiber, 22 g sugars, 3 g pro.*

TOPPERS GALORE

In addition to chocolate curls and whipped cream, finish off these drinks with a scoop of vanilla and/or mint chocolate chip ice cream for an over-the-top dessert cocktail.

Avocado Grasshoppers

START TO FINISH 10 minutes

- **¼ of an avocado, seeded and peeled**
- **3 oz. white crème de cacao (6 Tbsp.)**
- **2 oz. green crème de menthe (¼ cup)**
- **3 oz. heavy cream (6 Tbsp.)**
- **Ice cubes**
- **Semisweet chocolate curls and/or Sweetened Whipped Cream *(p. 91)* (optional)**

In a blender combine avocado, crème de cacao, and crème de menthe. Cover and blend until smooth. Add heavy cream; blend until just combined. Transfer to a cocktail shaker. Add ice. Cover and shake until cold. Strain into two chilled cocktail glasses. Garnish with chocolate curls and/or Sweetened Whipped Cream (if using). **Makes 2 drinks** (about ⅔ cup each).

PER DRINK *474 cal., 20 g fat (11 g sat. fat), 51 mg chol., 15 mg sodium, 41 g carb., 1 g fiber, 29 g sugars, 17 g pro.*

Avocado-Cucumber Gin Cooler

START TO FINISH 10 minutes

- ⅓ cup chopped English cucumber
- ¼ of an avocado, seeded and peeled
- 4 fresh basil leaves
- 1½ oz. cucumber and rose gin (such as Hendrick's) or regular gin (3 Tbsp.)
- ¾ oz. agave nectar (1½ Tbsp.)
- ¾ oz. fresh lemon juice (1½ Tbsp.)
- Ice cubes
- 2 oz. club soda, chilled (¼ cup)
- Cucumber spear, fresh basil sprig, and/or lemon wheel (optional)

In a small blender or food processor combine first six ingredients (through lemon juice). Cover and blend until smooth. Transfer to a cocktail shaker half-filled with ice. Cover and shake until very cold. Strain into an ice-filled rocks glass. Top with club soda; stir. Garnish with cucumber spear, basil sprig, and/or lemon wheel (if using). **Makes 1 drink.**

PER DRINK *224 cal., 3 g fat (0 g sat. fat), 0 mg chol., 15 mg sodium, 29 g carb., 3 g fiber, 24 g sugars, 1 g pro.*

Avocado Salty Dog

START TO FINISH 10 minutes

½ of a grapefruit
Kosher salt
Ice cubes
¼ of an avocado, seeded and peeled
1½ oz. vodka or gin (3 Tbsp.)
1 oz. Honey Syrup (*right*) (2 Tbsp.)
1 to 2 oz. club soda, chilled (2 to 4 Tbsp.)
Grapefruit zest twists (optional)

1. Wet the rim of a glass with cut side of grapefruit. Dip rim of glass in salt. Fill glass three-fourths full with ice. Juice grapefruit half. You should have about ⅓ cup juice.

2. In a small blender or food processor combine grapefruit juice, avocado, vodka, and Honey Syrup. Cover and blend until smooth. Transfer to a cocktail shaker. Add ice and shake until very cold. Strain into the prepared glass. Top with club soda. Garnish with grapefruit zest twists (if using).

Makes 1 drink.

HONEY SYRUP In a small bowl whisk together 2 Tbsp. honey and 2 Tbsp. water until honey is dissolved.

PER DRINK *269 cal., 5 g fat (1 g sat. fat), 0 mg chol., 291 mg sodium, 33 g carb., 2 g fiber, 29 g sugars, 1 g pro.*

APPS & SHAREABLES

PARTY-APPROVED

Guacamole has a standing invite to celebrations of all kinds, but we found a few more ways for avocados to get in on the fun. We stuffed them into meatballs and egg rolls, mixed them into ceviche and deviled egg filling, and even turned them into fries.

Buffalo Chicken-Avocado Egg Rolls

HANDS ON 25 minutes
CHILL 15 minutes **FRY** 3 minutes per batch

- ½ of an 8-oz. pkg. cream cheese, softened
- ¼ cup buttermilk
- 3 to 4 Tbsp. plus 2 tsp. hot sauce
- 2 avocados, halved, seeded, peeled, and chopped
- ¼ cup crumbled blue cheese (1 oz.)
- 1¼ cups shredded cooked chicken
- 1 stalk celery, thinly sliced
- 1 green onion, thinly sliced
- 8 egg roll wrappers
- Vegetable oil for deep-fat frying

1. For dip, in a medium bowl combine 2 oz. of the cream cheese, the buttermilk, and 2 tsp. of the hot sauce; stir until smooth. Add one of the avocados. Using a potato masher or fork, mash until combined but still slightly chunky. Stir in blue cheese. Cover and chill 15 minutes.

2. Meanwhile, for egg rolls, in a medium bowl whisk together remaining 2 oz. cream cheese and 3 to 4 Tbsp. hot sauce until combined. Stir in chicken, celery, green onion, and remaining chopped avocado.

3. Preheat oven to 300°F. For each egg roll, place an egg roll wrapper on a work surface with a corner pointing toward you. Spoon about 3 Tbsp. chicken mixture across and just below center of wrapper. Fold bottom corner over filling, tucking it under on the other side. Fold side corners over filling; roll egg roll toward remaining corner. Moisten top corner with water; press to seal.

4. In a heavy saucepan or deep-fat fryer heat 1½ inches oil to 365°F. Fry egg rolls, a few at a time, turning once, until golden, about 3 minutes. Drain on paper towels. Keep warm in oven while frying remaining egg rolls. Serve warm with dip. **Makes 8 servings** (1 egg roll + 2 Tbsp. dip each).

PER SERVING *306 cal., 19 g fat (6 g sat. fat), 40 mg chol., 433 mg sodium, 23 g carb., 3 g fiber, 1 g sugars, 12 g pro.*

Air-Fryer Egg Rolls

To cook egg rolls in an air fryer, preheat a 6-qt. air fryer to 350°F. Place egg rolls in an even layer in air-fryer basket, in batches if necessary; coat all sides of rolls with nonstick cooking spray. Cook, turning once, until golden brown and crisp, 15 minutes.

CHICKEN NACHOS WITH WASABI GUACAMOLE AND RADISHES

Chicken Nachos with Wasabi Guacamole and Radishes

HANDS ON 15 minutes
BAKE 5 minutes at 400°F

- **2 cups shredded cooked chicken**
- **½ tsp. lime zest (set aside)**
- **3 Tbsp. fresh lime juice**
- **1 Tbsp. Japanese-style dark soy sauce**
- **2 avocados, halved, seeded, peeled, and chopped**
- **¼ cup Mexican crema or sour cream**
- **1 Tbsp. wasabi paste**
- **½ tsp. salt**
- **1 8- to 10-oz. pkg. blue or yellow corn tortilla chips**
- **2 cups shredded cheddar cheese (8 oz.)**
- **¾ cup thinly sliced radishes**
- **¼ cup bias-sliced green onions**
- **Fresh jalapeño slices (optional)**
- **White sesame seeds, toasted (optional)**

1. Preheat oven to 400°F. In a medium bowl combine chicken, 2 Tbsp. of the lime juice, and the soy sauce.
2. For wasabi guacamole, in another bowl stir together lime zest, avocados, crema, wasabi paste, salt, and remaining 1 Tbsp. lime juice. Mash with a potato masher or fork until desired consistency.
3. Spread tortilla chips in a large shallow baking pan. Top with chicken mixture and sprinkle with cheese. Bake until cheese is melted, about 5 minutes.
4. Spoon wasabi guacamole over nachos. Top with radishes, green onions, and, if using, jalapeño slices and sesame seeds. **Makes 8 servings.**
PER SERVING *396 cal., 25 g fat (8 g sat. fat), 72 mg chol., 653 mg sodium, 25 g carb., 4 g fiber, 2 g sugars, 19 g pro.*

SAFETY FIRST

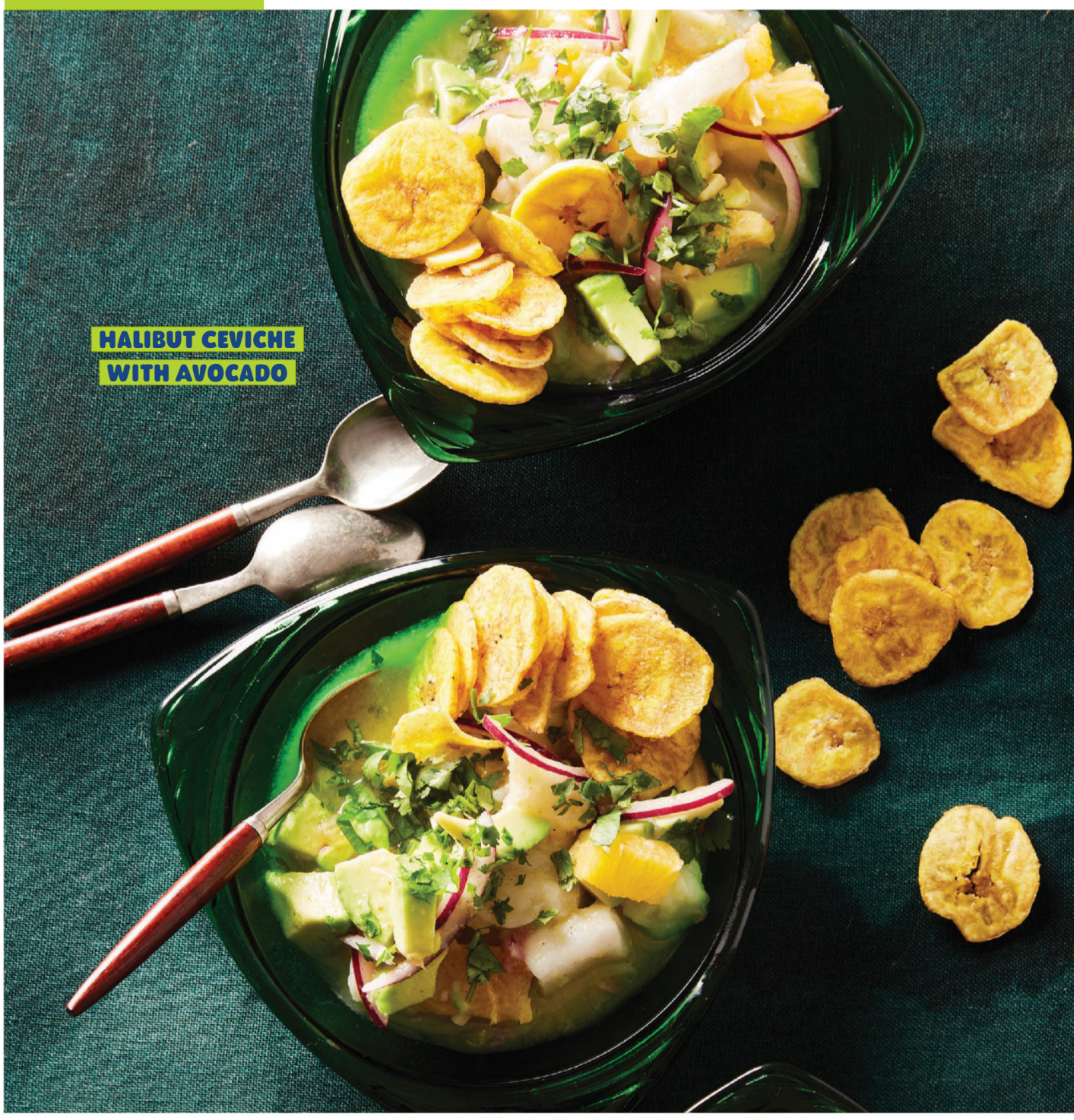
Marinating the fish in citrus juice will make it firm and flavorful but will not destroy all bacteria and parasites that may cause foodborne illness. Always start with the freshest fish you can buy. Freezing fish at -31°F for 15 hours or -10°F for 7 days will kill most parasites.

Halibut Ceviche with Avocado

HANDS ON 25 minutes **STAND** 15 minutes

- **1 lb. fresh sushi-grade halibut, skinned and cut into ½- to ¾-inch pieces**
- **1 cup fresh lime juice**
- **⅓ cup fresh orange juice**
- **¼ cup fresh lemon juice**
- **¼ cup thinly sliced red onion**
- **1 Tbsp. minced shallot**
- **1 Tbsp. torn fresh cilantro leaves**
- **4 avocados, halved, seeded, peeled, and chopped**
- **2 medium oranges, sectioned and coarsely chopped**
- **¼ tsp. salt**
- **¼ tsp. chili powder**
- **Plantain chips and/or tortilla chips (optional)**
- **Lime wedges (optional)**

1. For ceviche, in a large bowl combine first seven ingredients (through cilantro). Stir to combine; let stand 15 to 30 minutes.
2. To serve, gently stir avocados, oranges, salt, and chili powder into ceviche. Sprinkle with additional chopped cilantro and serve with plantain and/or tortilla chips and lime wedges (if using). **Makes 6 servings** (1½ cups each).
PER SERVING *250 cal., 15 g fat (3 g sat. fat), 37 mg chol., 109 mg sodium, 19 g carb., 8 g fiber, 7 g sugars, 16 g pro.*



AVOCADO-STUFFED MEATBALLS WITH SESAME-GINGER SAUCE

Avocado-Stuffed Meatballs with Sesame-Ginger Sauce

HANDS ON 40 minutes
BAKE 15 minutes at 400°F

- 1 egg
- ¼ cup water
- ¼ cup panko
- 2 Tbsp. finely chopped green onion
- 2 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. cayenne pepper or black pepper
- 6 Tbsp. hoisin sauce
- 1½ tsp. grated fresh ginger
- 1 lb. ground beef
- ½ lb. lean ground pork
- 1 avocado, halved, seeded, and peeled
- 1 Tbsp. vegetable oil
- 2 Tbsp. no-salt-added tomato paste
- 2 Tbsp. water
- 2 Tbsp. honey
- 1 Tbsp. reduced-sodium soy sauce
- 2 tsp. rice vinegar
- 2 tsp. sesame seeds, toasted

1. Preheat oven to 400°F. In a large bowl whisk together egg and the ¼ cup water until combined. Stir in next five ingredients (through cayenne pepper), 2 Tbsp. of the hoisin, and 1 tsp. of the ginger. Add beef and pork; use your hands to mix lightly until combined (do not overwork). Divide meat mixture into 16 equal portions.
2. Cut avocado into 16 equal cubes. Gently shape each meat portion into a ball around an avocado piece, enclosing it completely.
3. In a 12-inch oven-safe skillet heat oil over medium. Add meatballs; cook, turning occasionally, until browned, 10 minutes. Place skillet in oven; bake until done (165°F), 15 to 20 minutes.
4. Meanwhile, for sauce, in a small saucepan combine next five ingredients (through vinegar) and remaining ¼ cup hoisin and ½ tsp. ginger. Cook, whisking constantly, over medium until sauce is just boiling, 3 to 4 minutes. Remove from heat. Stir in sesame seeds. Serve warm with meatballs. If you like, sprinkle meatballs with additional green onion and sesame seeds. **Makes 8 servings** (2 meatballs + 1½ Tbsp. sauce each).
PER SERVING *296 cal., 19 g fat (6 g sat. fat), 81 mg chol., 415 mg sodium, 14 g carb., 2 g fiber, 8 g sugars, 3 g pro.*

HARD-COOKED EGGS

Place desired number of eggs in a steamer basket over a saucepan of boiling water. Reduce heat; simmer, covered, 16 minutes. Immediately place them in ice water to stop the cooking. Cool completely before peeling. To peel, gently tap each egg on the countertop. Roll egg between the palms of your hands. Peel off eggshell, starting at the large end.

Avocado Deviled Eggs

HANDS ON 20 minutes **CHILL** 30 minutes

- 12 Hard-Cooked Eggs (*left*), peeled and halved
- ½ cup mayonnaise
- 1 Tbsp. country Dijon mustard
- 2 tsp. fresh lemon juice
- ⅛ tsp. black pepper
- Dash hot sauce
- 1 avocado, halved, seeded, and peeled
- Chopped fresh chives (optional)

1. Remove yolks from egg halves. Set whites aside. Mash yolks in a large bowl. Stir in mayonnaise, mustard, 1 tsp. of the lemon juice, the pepper, and hot sauce. Spoon or pipe yolk mixture into egg white halves. Cover; chill 30 minutes or up to 4 hours.
2. Before serving, cut avocado into ½-inch pieces; toss gently with remaining 1 tsp. lemon juice. Top deviled eggs with avocado, additional pepper, and, if using, chives. **Makes 24 deviled egg halves.**
PER EGG HALF *80 cal., 7 g fat (1 g sat. fat), 95 mg chol., 77 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 3 g pro.*

Air-Fryer Avocado Fries

HANDS ON 20 minutes **COOK** 6 minutes per batch

- 2 firm, ripe avocados, halved, seeded, peeled, and cut into ½-inch wedges
- ¼ tsp. salt
- ¼ tsp. black pepper
- ⅓ cup all-purpose flour
- 2 eggs, lightly beaten
- 1 cup panko or finely crushed tortilla chips*
- Nonstick cooking spray
- Chili powder (optional)
- ½ cup mayonnaise
- 1 canned chipotle pepper in adobo sauce, finely chopped
- 1 clove garlic, minced

1. Preheat air fryer to 400°F. Sprinkle avocado wedges with salt and black pepper. **2.** Place flour in a shallow dish. Place eggs in a second shallow dish. Place panko in a third shallow dish. Dip wedges into flour and eggs, then into panko, gently pressing into crumbs to coat. **3.** Arrange avocado wedges in air-fryer basket, in batches if necessary. Lightly coat with cooking spray and sprinkle with chili powder (if using). Cook, turning once, until golden, about 6 minutes. **4.** In a small bowl stir together mayonnaise, chipotle pepper, and garlic. Serve avocado fries with mayo mixture. **Makes 4 servings** (4 fries + 2 Tbsp. chipotle mayo each).

***TIP** To crush tortilla chips, place chips in a resealable plastic bag; seal bag. Use your hands to coarsely crush chips. Using a rolling pin, roll over bag until chips are finely crushed.

PER SERVING *426 cal., 34 g fat (5 g sat. fat), 105 mg chol., 424 mg sodium, 24 g carb., 5 g fiber, 1 g sugars, 7 g pro.*

Pepper-Bacon Crab Cakes with Avocado Aïoli

HANDS ON 20 minutes
BAKE 14 minutes at 400°F

- 1 egg, lightly beaten
- ¼ cup mayonnaise
- 2 tsp. Dijon mustard
- ¼ tsp. black pepper
- 1 large avocado, halved, seeded, peeled, and chopped (1 cup)
- ½ cup fine dry bread crumbs
- ¼ cup jarred roasted red bell peppers, drained and chopped
- 2 slices bacon, crisp-cooked and crumbled
- 1 green onion, finely chopped (2 Tbsp.)
- 12 oz. cooked lump crabmeat, flaked, or two 6-oz. cans crabmeat, drained, flaked, and cartilage removed (about 2¼ cups)
- 1 Tbsp. olive oil
- 2 Tbsp. fresh lemon juice
- 1 clove garlic, minced
- ¼ tsp. salt
- 2 Tbsp. chopped fresh flat-leaf parsley
- 1 Tbsp. chopped fresh chives

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. In a large bowl stir together egg, 2 Tbsp. of the mayonnaise, the mustard, and black pepper. Add ¼ cup of the avocado. Using a fork, mash and mix avocado into egg mixture until nearly smooth. Stir in bread crumbs, roasted red peppers, bacon, and green onion until well combined. Add crabmeat and ¼ cup of the avocado. Gently mix with your hands, keeping crab pieces intact as much as possible. **2.** Shape crab mixture into six ¾-inch-thick patties. Place on prepared baking sheet. Lightly brush tops of patties with oil. Bake until heated through (160°F) and tops are lightly browned, 14 to 16 minutes. **3.** Meanwhile, for aïoli, in a medium bowl use a potato masher or fork to coarsely mash together remaining ½ cup avocado and 2 Tbsp. mayonnaise, the lemon juice, garlic, and salt. Stir in parsley and chives. Serve aïoli with crab cakes. **Makes 6 servings** (1 crab cake + 2 Tbsp. aïoli each).

PER SERVING *280 cal., 18 g fat (3 g sat. fat), 97 mg chol., 534 mg sodium, 11 g carb., 3 g fiber, 1 g sugars, 18 g pro.*

OH YUM

Punch Up the Flavor

If you like heat, replace the jarred roasted red bell peppers with jarred Calabrian peppers. And add some of the Calabrian pepper brine to the aïoli to taste.

PEPPER-BACON CRAB CAKES WITH AVOCADO AÏOLI

GUAC THIS WAY

ONCE YOU GET THE BASE PROPORTIONS DOWN, THE OPTIONS FOR GUACAMOLE ARE ENDLESS. TRY OUR FAVORITE COMBOS, OR MIX AND MATCH WITH OTHER INGREDIENTS TO MAKE YOUR OWN.

Make-It-Mine Guacamole

START TO FINISH 15 minutes

- **2 avocados, halved, seeded, and peeled**
- **2 Tbsp. fresh lime juice**
- **¼ cup FRUIT/VEG**
- **¼ cup chopped fresh HERB**
- **¼ cup crumbled CHEESE (optional)**
- **1 to 2 Tbsp. minced KICK**
- **½ tsp. salt**

In a medium bowl mash together avocados and lime juice until desired consistency. Stir in FRUIT/VEG, HERB, CHEESE (if using), KICK, and salt. If you like, garnish with any leftover ingredients. **Makes 1½ cups.**

VARIATIONS

1.

Mediterranean-Style

FRUIT/VEG: pomegranate seeds
HERB: parsley
CHEESE: feta
KICK: red onion

2.

Slightly Corny

FRUIT/VEG: frozen roasted corn, blanched*
HERB: chives or green onion
CHEESE: goat cheese
KICK: serrano pepper

**TIP To blanch corn, in a saucepan bring water to boiling; add corn. Cook 1 minute; drain.*

3.

Sweet & Sunny

FRUIT/VEG: chopped orange sections
HERB: cilantro
CHEESE: Cotija
KICK: jalapeño pepper

1.
2.
3.

DINNER RECIPES

AVO-LICIOUS MAIN DISHES

Whether served up as a chunky salsa, a creamy sauce, a crunchy slaw, an herby chimichurri, or a sliced-and-fanned topper, avocado has a way of maxing out the flavor in all proteins—meat, poultry, seafood, even tofu!

Garlic-Dijon Lamb Chops with Jalapeño-Avocado Yogurt Sauce

HANDS ON 20 minutes
MARINATE 30 minutes **GRILL** 12 minutes

- **8 bone-in lamb loin chops, cut 1 inch thick (about 1¾ lb.)**
- **3 Tbsp. olive oil**
- **2 Tbsp. Dijon mustard**
- **2 Tbsp. balsamic vinegar**
- **3 cloves garlic, minced**
- **1 tsp. salt-free Greek seasoning or dried thyme, crushed**
- **¾ tsp. salt**
- **1 small jalapeño pepper, stemmed, seeded (if desired), and very thinly sliced (tip, *p. 27*)**
- **¼ cup very thinly sliced red onion**
- **½ tsp. lemon zest**
- **2 Tbsp. fresh lemon juice**
- **1 tsp. honey**
- **1 avocado, halved, seeded, and peeled**
- **⅓ cup plain low-fat Greek yogurt**
- **2 Tbsp. chopped fresh mint**
- **2 Tbsp. toasted pine nuts**
- **Fresh arugula (optional)**

1. Trim excess fat from lamb chops. Arrange chops in a 2-qt. shallow baking dish. In a small bowl whisk together oil, mustard, vinegar, two cloves of the garlic, the Greek seasoning, and ½ tsp. of the salt. Pour over chops; turn to coat chops. Cover and marinate in the refrigerator 30 to 60 minutes.

2. Meanwhile, in a small bowl combine next five ingredients (through honey) and remaining ¼ tsp. salt; toss to coat vegetables completely. Press down on vegetables so they are covered with as much liquid as possible. Cover; let stand at room temperature 30 minutes.

3. Grill lamb chops, covered, over medium until desired doneness, turning once halfway through grilling. Allow 12 to 14 minutes for medium rare (145°F) or 15 to 17 minutes for medium (160°F).

4. Chop one-fourth of the avocado. In a medium bowl combine remaining avocado and one clove garlic with the yogurt. Use a potato masher or fork to mash mixture until almost smooth. Stir in undrained onion mixture, chopped avocado, and mint.

5. Serve lamb chops with yogurt sauce, pine nuts, and arugula (if using). **Makes 4 servings** (2 chops + ¼ cup sauce each).

PER SERVING *624 cal., 51 g fat (17 g sat. fat), 111 mg chol., 701 mg sodium, 10 g carb., 3 g fiber, 4 g sugars, 31 g pro.*

Smokin' Hot

To heavily oil a grill grate, pour ⅓ cup vegetable oil into a small bowl. Holding a cloth or paper towel with tongs, dip into bowl of oil, then generously coat hot grill grate. Let smoke about 30 seconds, then repeat coating grate at least 2 or 3 more times.

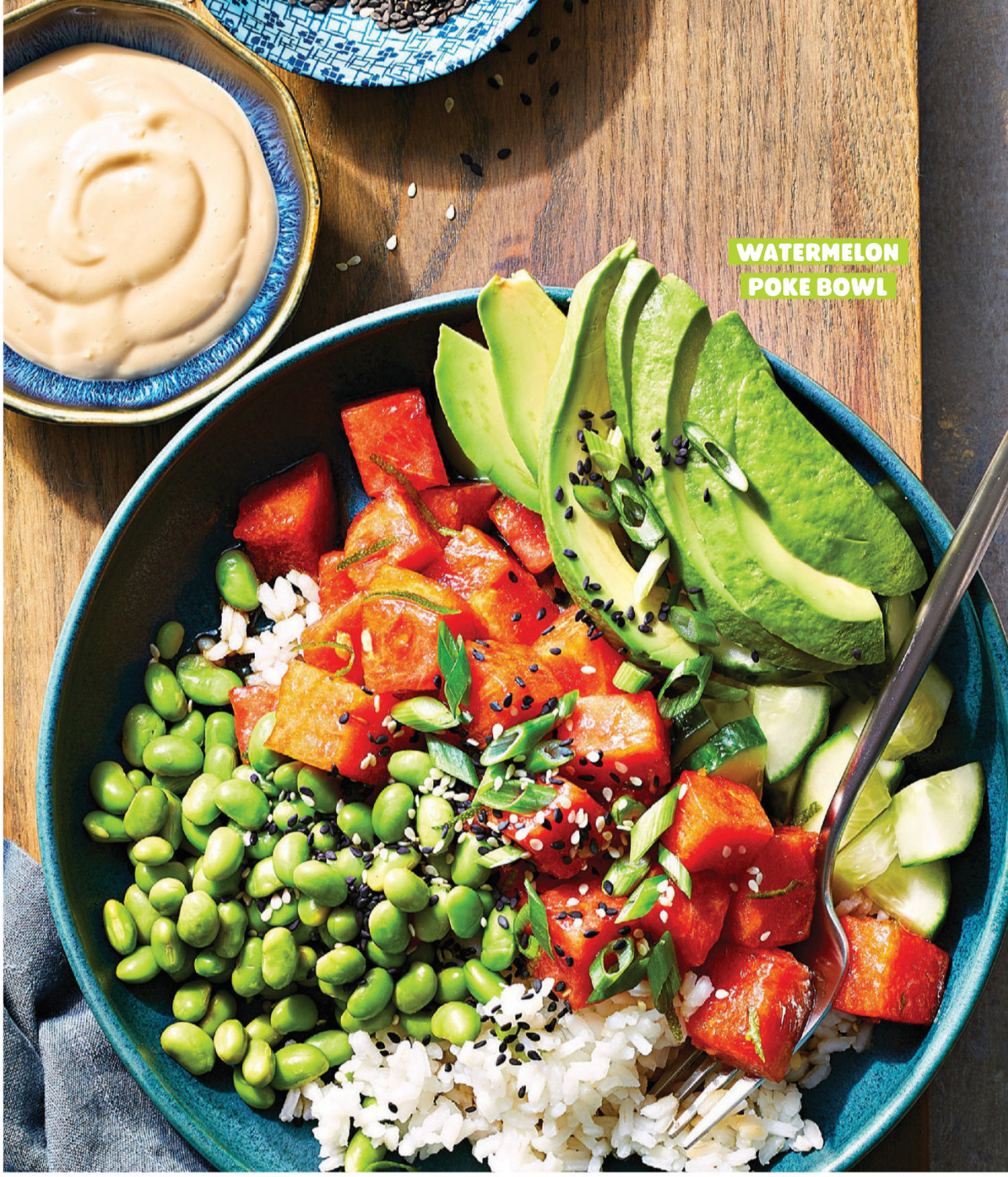
GRILLED TOFU AND VEGETABLE KABOBS WITH AVOCADO CHIMICHURRI

Grilled Tofu and Vegetable Kabobs with Avocado Chimichurri

HANDS ON 30 minutes
STAND 5 minutes
GRILL 10 minutes

- 6 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp. paprika
- ¾ tsp. salt
- ½ tsp. black pepper
- ½ tsp. ground coriander
- ¼ tsp. ground cumin
- 1 14- to 16-oz. pkg. extra-firm tub-style tofu, drained and pressed (tip, *p. 84*)
- 1 large red bell pepper, cut into 1½-inch pieces
- 1 medium sweet onion, cut into 1½-inch pieces
- Vegetable oil
- 1 avocado, halved, seeded, and peeled
- ½ cup lightly packed fresh parsley leaves
- ¼ cup lightly packed fresh cilantro leaves
- ¼ cup red wine vinegar
- ¼ cup water
- 1 Tbsp. fresh oregano leaves
- 2 Tbsp. finely chopped shallot
- ⅛ to ¼ tsp. crushed red pepper
- Lime wedges (optional)

1. In a medium bowl combine ¼ cup of the olive oil, one clove of the garlic, the paprika, ½ tsp. of the salt, the black pepper, coriander, and cumin. Cut tofu into twenty-four 1- to 1½-inch cubes. Add tofu, bell pepper, and onion to oil mixture in bowl; toss gently to coat. Let stand about 5 minutes. Thread tofu, bell pepper, and onion pieces onto eight 10- to 12-inch skewers (tip, *p. 53*), leaving ¼ inch between pieces.
2. Grill vegetable kabobs on a heavily oiled rack (tip, *opposite*), covered, over medium 2 minutes. Place tofu skewers on rack. Grill, turning once, until tofu is heated through and vegetables are crisp-tender and lightly browned, about 8 minutes more.
3. Meanwhile, slice half of the avocado. For chimichurri, in a blender combine remaining avocado, next five ingredients (through oregano), and remaining 2 Tbsp. olive oil, one clove garlic, and ¼ tsp. salt. Cover and blend until nearly smooth, scraping sides as needed. Transfer to a serving bowl. Stir in shallot and crushed red pepper. If you like, sprinkle with additional crushed red pepper.
4. Serve kabobs with chimichurri, and, if using, lime wedges. Pass reserved sliced avocado. **Makes 4 servings** (2 kabobs each).
PER SERVING *349 cal., 28 g fat (4 g sat. fat), 0 mg chol., 464 mg sodium, 15 g carb., 6 g fiber, 6 g sugars, 11 g pro.*



Watermelon Poke Bowl

HANDS ON 25 minutes **CHILL** 4 hours

- 1 lime, zested and juiced
- ⅓ cup soy sauce
- ¼ cup rice vinegar
- 1 Tbsp. grated fresh ginger
- 1 Tbsp. honey
- ¼ cup vegetable or canola oil
- 6 cups ½- to ¾-inch cubes fresh watermelon
- ½ cup vegan mayonnaise or mayonnaise (optional)
- 4 cups hot cooked short grain white rice
- 2½ cups chopped cucumber
- 1 cup hot cooked shelled edamame
- 2 avocados, halved, seeded, peeled, and sliced
- Thinly sliced green onions
- Black or white sesame seeds (optional)

1. In a large bowl whisk together first five ingredients (through honey). Gradually whisk in oil until combined. Add watermelon and gently stir to coat. Cover and chill 4 hours or overnight.
2. Using a slotted spoon, remove watermelon from marinade. If you like, make a sauce by stirring 2 Tbsp. of the marinade into mayonnaise.
3. To serve, divide rice among four bowls. Top with marinated watermelon, the cucumber, edamame, and avocados. Serve with mayonnaise sauce (if using). Top with green onions and sesame seeds (if using). **Makes 4 servings** (about 3 cups each).
PER SERVING *520 cal., 17 g fat (2 g sat. fat), 0 mg chol., 329 mg sodium, 85 g carb., 9 g fiber, 18 g sugars, 13 g pro.*

Poke

[POH-keh] is a Hawaiian dish of fresh raw fish finely chopped or sliced, marinated, and sauced with condiments. Originally, Hawaiian fishermen used native reef fish for this dish. Here, we're replacing fish with watermelon for a vegan twist.

GODDESS CHICKEN VEGGIE BOWLS

GRILLED STEAK AND ROMAINE SALAD WITH AVOCADO-HORSERADISH DRESSING

Goddess Chicken Veggie Bowls

HANDS ON 25 minutes
MARINATE 4 hours
COOK 13 minutes
BROIL 8 minutes

- ½ to 1 cup buttermilk
- ¼ cup lightly packed fresh flat-leaf parsley
- 2 Tbsp. olive oil
- 1 Tbsp. chopped fresh chives
- 2 tsp. lemon zest (set aside)
- 2 Tbsp. lemon juice
- 2 cloves garlic, minced
- ¾ tsp. salt
- ¼ tsp. black pepper
- 1¼ lb. chicken breast tenderloins
- 1⅓ cups water
- ⅔ cup quinoa, rinsed and drained
- Nonstick cooking spray
- 1 avocado, halved, seeded, peeled, and chopped
- 4 cups stemmed and thinly sliced lacinato kale leaves
- 1 cup sliced cucumber
- 2 yellow bell peppers, chopped
- 1 pint cherry tomatoes, halved if large
- ¼ cup toasted sliced almonds

1. In a medium bowl combine ½ cup of the buttermilk, the parsley, 1 Tbsp. of the oil, the chives, 1 Tbsp. of the lemon juice, the garlic, ½ tsp. of the salt, and the black pepper. Reserve ⅓ cup buttermilk mixture; cover and chill. Add chicken to bowl with remaining mixture; turn to coat chicken pieces. Cover; marinate in the refrigerator 4 to 6 hours.

2. In a medium saucepan combine the water and quinoa. Bring to boiling over medium; reduce heat. Simmer, covered, until quinoa is tender, 13 to 15 minutes. Drain any excess liquid. Stir in remaining 1 Tbsp. oil, 1 Tbsp. lemon juice, ¼ tsp. salt, and the lemon zest; fluff with a fork.

3. Preheat broiler. Line a large baking sheet with foil. Coat foil with cooking spray. Drain chicken; discard marinade. Arrange chicken on prepared baking sheet. Broil chicken 4 inches from heat, turning once, until done (165°F), 8 to 12 minutes.

4. For dressing, in a small food processor combine half of the avocado and the reserved buttermilk mixture. Cover and process until smooth, adding up to ½ cup buttermilk until desired consistency, scraping sides as needed.

5. Add kale to quinoa; stir to combine. Divide quinoa mixture among four bowls. Top with cucumber, bell peppers, tomatoes, and chicken. Serve with dressing and top with almonds and remaining avocado. **Makes 4 servings** (1½ cups each).

PER SERVING *498 cal., 21 g fat (3 g sat. fat), 106 mg chol., 598 mg sodium, 37 g carb., 8 g fiber, 10 g sugars, 42 g pro.*

FLAVOR BOOST

If you like, brush the on-the-vine tomatoes with oil and place them on the grill grate until they begin to blister, 1 to 2 minutes.

Grilled Steak and Romaine Salad with Avocado-Horseradish Dressing

HANDS ON 20 minutes
GRILL 30 minutes

- **12 oz. baby yellow potatoes, scrubbed and halved**
- **3 Tbsp. olive oil**
- **2 tsp. chopped fresh thyme or ½ tsp. dried thyme, crushed**
- **1 tsp. salt**
- **½ tsp. plus ⅛ tsp. black pepper**
- **1 to 1½ lb. boneless beef top loin steaks, 1 inch thick**
- **½ tsp. paprika**
- **¼ tsp. garlic powder**
- **2 romaine hearts, halved lengthwise**
- **1 avocado, halved, seeded, and peeled**
- **⅔ cup buttermilk**
- **1 clove garlic, minced**
- **2 tsp. white wine vinegar**
- **2 tsp. prepared horseradish**
- **¼ tsp. smoked paprika or paprika**
- **1 12-oz. pkg. on-the-vine cherry tomatoes**

1. Fold one 32×18-inch piece of heavy foil in half to make an 18×16-inch rectangle. Place potatoes in middle of foil; drizzle with 2 Tbsp. of the oil and sprinkle with thyme, ¼ tsp. of the salt, and ¼ tsp. of the pepper. Toss potatoes to coat. Bring up two opposite edges of foil; seal with a double fold. Fold the remaining edges to enclose potato mixture, leaving space for steam to build.
2. Grill packet, covered, over medium, turning once, until potatoes are tender, about 30 minutes. Remove packet from grill; cool slightly. Meanwhile, sprinkle steaks on both sides with ½ tsp. of the salt, the ½ tsp. paprika, ¼ tsp. of the pepper, and the garlic powder. Grill steaks, covered, turning once, 10 to 12 minutes for medium rare (145°F) or 12 to 15 minutes for medium (160°F). Remove; cover to keep warm.
3. Lightly brush cut side of each romaine half with remaining 1 Tbsp. oil. Grill romaine, cut sides down, over medium until grill marks develop and romaine is lightly wilted, about 2 minutes.
4. For dressing, in a blender combine half of the avocado, next five ingredients (through smoked paprika), and remaining ¼ tsp. salt and ⅛ tsp. pepper. Cover and blend until smooth, scraping sides as needed.
5. Slice remaining avocado half. Carefully open potato packet. Serve steak, potatoes, tomatoes, avocado, and grilled romaine with dressing. If you like, sprinkle with additional pepper. **Makes 4 servings** (½ romaine heart + 4 oz. steak + ⅔ cup toppers + 2 Tbsp. dressing each).
PER SERVING *481 cal., 32 g fat (9 g sat. fat), 84 mg chol., 718 mg sodium, 25 g carb., 6 g fiber, 6 g sugars, 24 g pro.*

Mojo Pork Fajitas with Orange-Avocado Salsa

HANDS ON 45 minutes
MARINATE 8 hours
GRILL 30 minutes
STAND 10 minutes

- 1 1-lb. pork tenderloin, trimmed
- ⅓ cup olive oil
- ⅓ cup fresh orange juice
- ⅓ cup fresh lime juice
- ¼ cup chopped onion
- 6 cloves garlic, minced
- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- 1 recipe Orange-Avocado Salsa *(opposite)*
- 2 large red bell peppers, quartered lengthwise
- 2 medium onions, cut into thick slices
- 12 6-inch flour tortillas, warmed (tip, *opposite*)
- ¼ cup sour cream
- Fresh cilantro leaves and/or lime wedges (optional)

1. Place meat in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl combine next seven ingredients (through cumin). Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator 8 to 24 hours, turning bag occasionally. Meanwhile, prepare Orange-Avocado Salsa; cover and chill.

2. Drain meat, reserving marinade. Brush bell peppers and onions with some of the marinade; discard remaining marinade.

3. Grill pork, covered, over indirect medium heat until done (145°F), 30 to 35 minutes. Grill onions the last 10 to 12 minutes and peppers the last 8 to 10 minutes or until vegetables are crisp-tender, turning occasionally.

4. Cover meat with foil and let stand 10 minutes. Meanwhile, if you like, peel off and discard skins from peppers. Cut peppers into thin strips and chop onions. Slice meat. Serve meat and vegetables on tortillas with Orange-Avocado Salsa and sour cream. Serve with cilantro and lime wedges (if using).

Makes 6 servings (2 fajitas each).

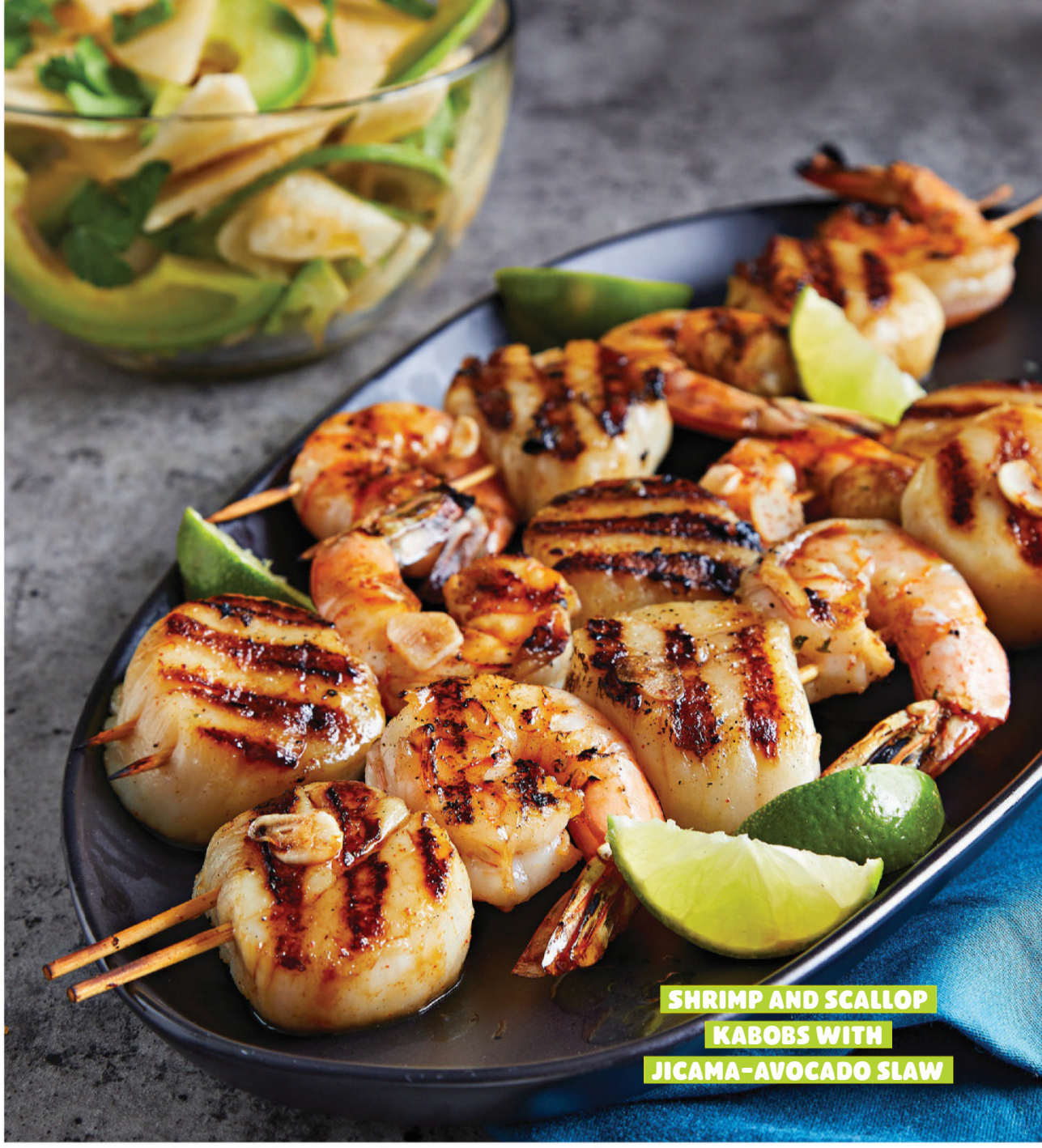
PER SERVING *467 cal., 20 g fat (4 g sat. fat), 53 mg chol., 623 mg sodium, 47 g carb., 7 g fiber, 9 g sugars, 24 g pro.*

ORANGE-AVOCADO SALSA

In a medium bowl combine 2 medium oranges, peeled, sectioned, and chopped; 1 avocado, halved, seeded, peeled, and chopped; ¼ cup each chopped red onion and chopped fresh cilantro; 2 Tbsp. fresh lime juice; ½ to 1 tsp. hot sauce; and ¼ tsp. salt. If you like, cover and chill up to 4 hours.

KITCHEN CONFIDENTIAL

To warm tortillas, wrap them tightly in foil. Grill tortilla packet the last 10 minutes or until tortillas are heated through, turning once.



SHRIMP AND SCALLOP KABOBS WITH JICAMA-AVOCADO SLAW

Shrimp and Scallop Kabobs with Jicama-Avocado Slaw

HANDS ON 25 minutes
MARINATE 15 minutes
GRILL 8 minutes

- **20 large fresh or frozen sea scallops (about 1¾ lb. total)**
- **20 large fresh or frozen shrimp in shells (about 12 oz. total)**
- **¼ cup tequila**
- **¼ cup fresh lime juice**
- **¼ cup olive oil**
- **2 Tbsp. chopped fresh oregano**
- **2 tsp. sugar**
- **2 tsp. salt**
- **4 cloves garlic, sliced**
- **½ tsp. paprika**
- **1 lb. jicama (info, *p. 66*), peeled and cut into bite-size strips (4 cups)**
- **1 avocado, halved, seeded, peeled, and thinly sliced**
- **½ cup fresh cilantro leaves**
- **Salt and black pepper**
- **Lime wedges**

1. Thaw scallops and shrimp, if frozen. Peel and devein shrimp, leaving tails intact if you like. Rinse scallops and shrimp; pat dry with paper towels. Place scallops and shrimp in a resealable plastic bag set in a shallow dish.

2. In a small bowl combine next eight ingredients (through paprika). Reserve ½ cup for jicama slaw. Pour remaining tequila mixture over scallops and shrimp. Seal bag; turn to coat. Marinate at room temperature 15 minutes, turning bag once or twice.

3. Meanwhile, for Jicama-Avocado Slaw, in a bowl combine jicama, avocado, and cilantro. Pour the reserved ½ cup tequila mixture over jicama mixture; toss gently to coat. Season to taste with salt and pepper. Cover; chill until ready to serve.

4. Drain scallops and shrimp; discard marinade. Thread scallops and shrimp on six long skewers,* leaving ¼ inch between pieces. Grill kabobs, covered, over medium-high, turning once, until opaque, 8 to 10 minutes. Serve kabobs with Jicama-Avocado Slaw and lime wedges.

Makes 6 servings (1 skewer + ⅔ cup slaw each).

***TIP** If using wooden skewers, soak in water 30 minutes.

PER SERVING *261 cal., 9 g fat (1 g sat. fat), 103 mg chol., 1,323 mg sodium, 17 g carb., 6 g fiber, 1 g sugars, 25 g pro.*

SOUPS

BOWLED OVER

The soup's on, and avocados are here for it. They make up the creamy bases and/or over-the-top toppers to lend their trademark richness to each dish.

Smoky Beef, Black Bean, and Corn Chili

HANDS ON 15 minutes
SLOW COOK 7 hours (low) or 3½ hours (high)

- 2 tsp. ground cumin
- 1 lb. lean ground beef
- 1½ cups chopped onion
- 3 15-oz. cans black beans, rinsed and drained
- 2 14.5-oz. cans fire-roasted diced tomatoes, undrained
- 1 14.5-oz. can reduced-sodium beef broth
- 2 cups chopped red and/or yellow bell peppers
- 1 cup frozen whole kernel corn
- 3 6-inch corn tortillas, torn into pieces
- 3 cloves garlic, coarsely chopped
- 3 to 4 canned chipotle peppers in adobo sauce, chopped
- 1 Tbsp. soy sauce
- 1 Tbsp. chili powder
- 2 tsp. dried oregano, crushed
- 2 tsp. smoked paprika
- 1 recipe Avocado Crema
- Toppers, such as sliced green onion, quartered grape tomatoes, and/or chopped avocado (optional)
- Corn bread (optional)

1. In a 10-inch skillet toast cumin over medium-high until fragrant, about 1 minute. Add beef and onion to skillet. Cook and stir until beef is browned and onion is tender, about 6 minutes.
2. Transfer beef mixture to a 4- to 5-qt. slow cooker. Add next 12 ingredients (through paprika). Cover and cook on low 7 hours or high 3½ hours. Serve topped with Avocado Crema and, if using, toppers and corn bread. **Makes 8 servings** (1⅓ cups each).
PER SERVING *370 cal., 13 g fat (4 g sat. fat), 44 mg chol., 1,153 mg sodium, 44 g carb., 13 g fiber, 7 g sugars, 25 g pro.*

Avocado Crema

Halve, seed, and peel 1 avocado. Place avocado in a small food processor or blender. Add ½ cup sour cream, ¼ cup chopped fresh cilantro, 2 Tbsp. fresh lime juice, and ½ tsp. salt. Cover and process until smooth. Makes 1 cup.

California BLT Avocado Chili

HANDS ON 30 minutes
COOK 40 minutes

- **6 slices bacon, chopped**
- **1 cup chopped onion**
- **1 cup chopped yellow or red bell pepper**
- **4 cloves garlic, minced**
- **1½ lb. skinless, boneless chicken breasts, cut into 1-inch chunks**
- **1 tsp. ground cumin**
- **2 15- to 16-oz. cans navy beans, rinsed and drained**
- **1 32-oz. carton reduced-sodium chicken broth**
- **2 cups grape tomatoes, halved**
- **1 cup chopped fresh basil**
- **Salt and black pepper**
- **1 avocado, halved, seeded, peeled, and chopped**
- **1 cup baby arugula**

1. In a 4- to 5-qt. pot cook bacon over medium until browned and crisp, 4 to 5 minutes, turning occasionally. Drain bacon on paper towels, reserving drippings in pot.

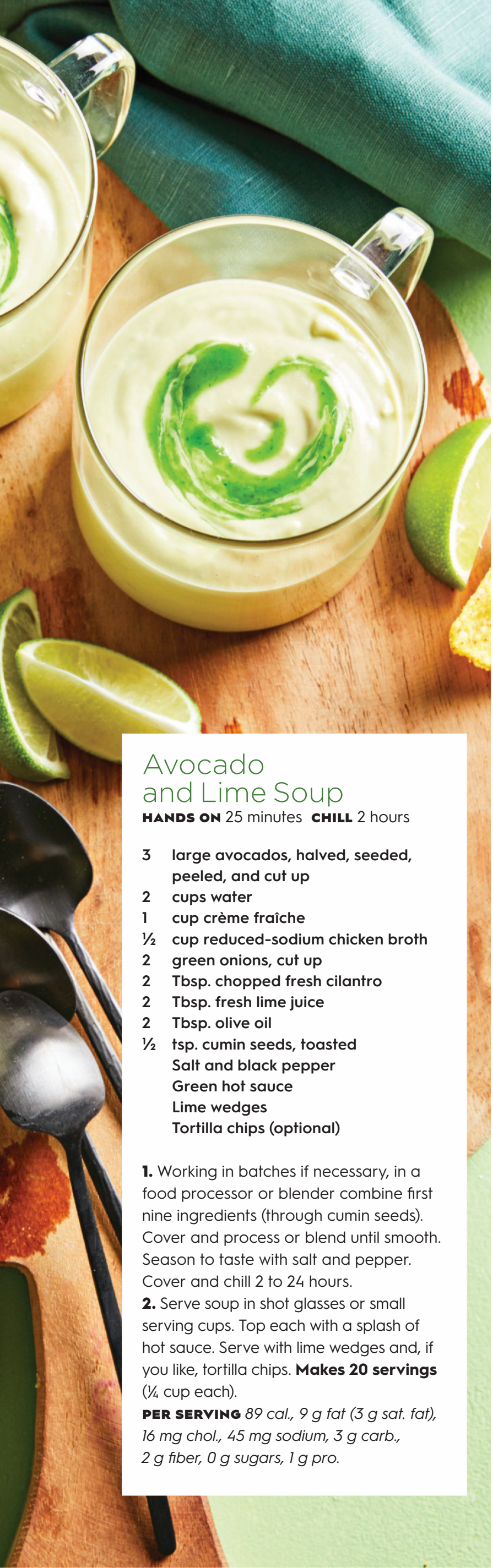
2. Add onion, bell pepper, and garlic to pot. Cook and stir over medium until tender, 3 to 4 minutes. Add chicken and cumin. Cook and stir until chicken is browned, about 5 minutes. Stir in both cans of beans, the broth, and tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes, stirring occasionally. Stir basil into chili. Season to taste with salt and black pepper. Top servings with bacon, avocado, and arugula.

Makes 6 servings (1½ cups each).
PER SERVING *551 cal., 24 g fat (7 g sat. fat), 108 mg chol., 1,197 mg sodium, 40 g carb., 11 g fiber, 6 g sugars, 45 g pro.*

CALIFORNIA BLT AVOCADO CHILI

GET JUICY!

To get the most juice from limes (or other citrus), take the fruit out of the fridge and let it reach room temperature. Roll the lime back and forth on the counter to soften and crush the juice cells. Then cut it in half crosswise to juice.



Avocado and Lime Soup

HANDS ON 25 minutes **CHILL** 2 hours

- **3 large avocados, halved, seeded, peeled, and cut up**
- **2 cups water**
- **1 cup crème fraîche**
- **½ cup reduced-sodium chicken broth**
- **2 green onions, cut up**
- **2 Tbsp. chopped fresh cilantro**
- **2 Tbsp. fresh lime juice**
- **2 Tbsp. olive oil**
- **½ tsp. cumin seeds, toasted**
- **Salt and black pepper**
- **Green hot sauce**
- **Lime wedges**
- **Tortilla chips (optional)**

1. Working in batches if necessary, in a food processor or blender combine first nine ingredients (through cumin seeds). Cover and process or blend until smooth. Season to taste with salt and pepper. Cover and chill 2 to 24 hours.
2. Serve soup in shot glasses or small serving cups. Top each with a splash of hot sauce. Serve with lime wedges and, if you like, tortilla chips. **Makes 20 servings** (¼ cup each).
PER SERVING *89 cal., 9 g fat (3 g sat. fat), 16 mg chol., 45 mg sodium, 3 g carb., 2 g fiber, 0 g sugars, 1 g pro.*

TASTY TOPPER

SPICY TORTILLA STRIPS

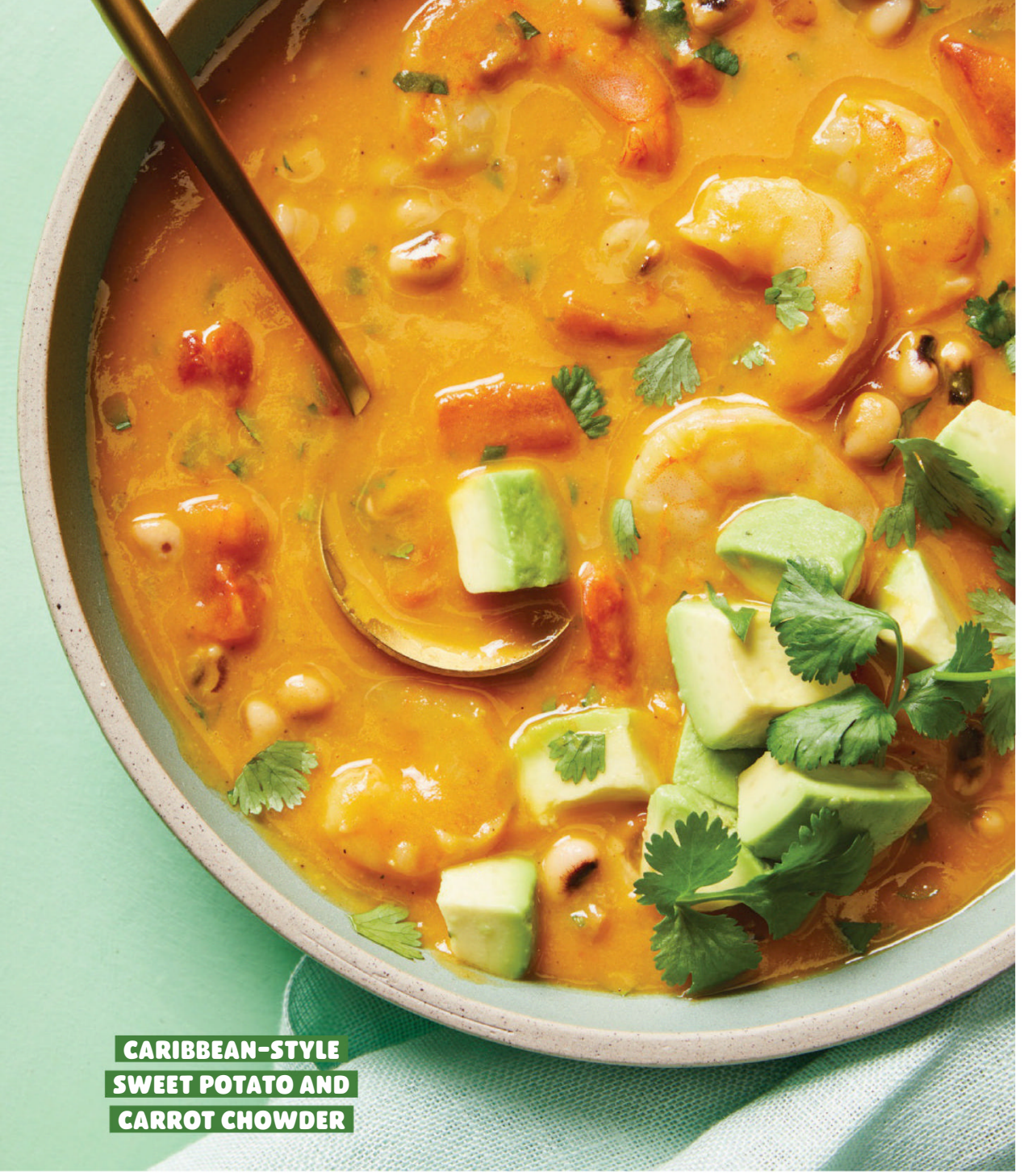
Preheat oven to 350°F. Line a baking sheet with foil. Cut 2 (6-inch) corn tortillas into ½- to ¾-inch-wide strips and lightly coat with nonstick cooking spray. Place strips on prepared baking sheet. Sprinkle tops lightly with chili powder. Bake until strips are crisp, 8 to 10 minutes.

Creamy Avocado and Chicken Soup

START TO FINISH 30 minutes

- **2 avocados, halved, seeded, and peeled**
- **1 Tbsp. fresh lime juice**
- **1 Tbsp. butter**
- **¾ cup finely chopped yellow bell pepper**
- **2 Tbsp. all-purpose flour**
- **1½ tsp. ground cumin**
- **1 tsp. garlic powder**
- **½ tsp. salt**
- **2 cups fat-free milk**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **2 cups shredded cooked chicken breast**
- **1 recipe Spicy Tortilla Strips *(above left)***

1. Place avocados and lime juice in a medium bowl. Use a fork or potato masher to mash avocados until creamy.
2. In a large saucepan melt butter over medium. Add bell pepper; cook 2 minutes. Stir in flour, cumin, garlic powder, and salt. Add milk and broth, whisking gently to combine. Cook and stir until slightly thickened and bubbly; cook and stir 2 minutes more. Stir in avocado mixture and cooked chicken. Heat through. Serve topped with Spicy Tortilla Strips. **Makes 4 servings** (1½ cups each).
PER SERVING *350 cal., 16 g fat (4 g sat. fat), 70 mg chol., 668 mg sodium, 22 g carb., 5 g fiber, 8 g sugars, 30 g pro.*



Caribbean-Style Sweet Potato and Carrot Chowder

HANDS ON 20 minutes
COOK 22 minutes

- 1 lb. fresh or frozen medium shrimp, peeled and deveined
- 1 Tbsp. olive oil
- 2 cups cubed sweet potatoes
- 1½ cups chopped carrots
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 4 cloves garlic, minced
- 2 tsp. grated fresh ginger
- 1 tsp. ground cumin
- 1 tsp. curry powder
- 1½ tsp. Jamaican jerk seasoning
- ½ tsp. salt
- 5 cups reduced-sodium chicken broth
- 2 avocados, halved, seeded, peeled, and chopped
- 1 15.5-oz. can black-eyed peas, rinsed and drained
- 1 15-oz. can diced tomatoes, undrained
- ⅓ cup chopped fresh cilantro
- Lime wedges

1. Thaw shrimp, if frozen. In a 4- to 5-qt. pot heat oil over medium-high. Add sweet potatoes, carrots, onion, and bell pepper. Cook until onion is tender, 5 minutes. Add next six ingredients (through salt). Cook and stir 1 minute more.
2. Add broth and half of an avocado. Bring to boiling; reduce heat. Simmer, covered, until sweet potatoes and carrots are very tender, 10 minutes. Using an immersion blender, puree soup. (Or cool slightly and transfer soup, in batches, to a blender. Cover and blend until smooth. Return blended soup to the pot).
3. Stir in black-eyed peas and tomatoes. Return to boiling; reduce heat. Simmer 5 minutes. Add shrimp and cook until opaque, 1 to 2 minutes. Remove from heat; stir in cilantro and remaining avocados. Serve with lime wedges. **Makes 6 servings** (1⅔ cups each).
PER SERVING *310 cal., 10 g fat (1 g sat. fat), 122 mg chol., 1,109 mg sodium, 33 g carb., 9 g fiber, 10 g sugars, 24 g pro.*

Sweet Corn Soup with Toasted Corn Guacamole

START TO FINISH 1 hour 15 minutes

- 8 ears fresh sweet corn
- 2 Tbsp. olive oil
- ¼ cup chopped shallots (2 medium)
- 1 fresh poblano pepper, roasted (tip, *opposite*) and chopped
- 2 cloves garlic, minced
- 3½ to 4 cups reduced-sodium chicken broth or vegetable broth
- 1 avocado, halved, seeded, peeled, and coarsely chopped
- 2 Tbsp. chopped fresh cilantro
- 1 tsp. lime zest
- 2 Tbsp. fresh lime juice
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ cup crumbled queso fresco

1. Using a sharp knife, cut corn kernels off cobs (4 cups kernels). Reserve ¾ cup of the corn for guacamole. Reserve three of the corn cobs; discard remaining cobs.
2. In a 10-inch skillet heat 1 Tbsp. of the oil over medium. Add 2 Tbsp. of the shallots, half of the poblano pepper, and half of the garlic. Cook and stir until shallots are tender, 4 to 5 minutes. Remove from skillet and set aside.
3. Add 1½ cups of the broth and the reserved corn cobs to skillet. Bring to boiling; reduce heat. Simmer, covered, 5 minutes. Using tongs, remove corn cobs and discard; reserve broth in skillet.
4. Add remaining 3¼ cups corn kernels to broth in skillet. Bring to boiling; reduce heat. Simmer, covered, until corn is tender, 4 to 5 minutes. Cool slightly. Transfer corn-broth mixture to a blender or food processor. Cover and blend or process until almost smooth. Return pureed mixture to skillet. Slowly whisk in enough remaining broth to reach desired consistency; heat through. Keep soup warm.
5. For guacamole, in an 8-inch skillet heat remaining 1 Tbsp. oil over medium-high. Add the reserved ¾ cup corn kernels. Cook, stirring occasionally, until kernels are tender and lightly browned, 8 to 10 minutes. Remove from heat and cool slightly.
6. In a medium bowl mash avocado. Gently stir in toasted corn; remaining garlic, shallots, and poblano pepper; and next five ingredients (through black pepper).
7. Top soups with guacamole and queso fresco (serve extra guacamole on the side). **Makes 4 servings** (about 1 cup soup + ½ cup guacamole each).
PER SERVING *372 cal., 19 g fat (4 g sat. fat), 10 mg chol., 806 mg sodium, 45 g carb., 7 g fiber, 13 g sugars, 14 g pro.*

SWEET CORN SOUP WITH TOASTED CORN GUACAMOLE

OH YUM

Punch Up the Flavor

Roasted Poblano

Preheat oven to 425°F. Cut pepper in half lengthwise. Wearing plastic or rubber gloves, remove stem, seeds, and membranes. Place pepper halves, cut sides down, on a foil-lined baking sheet. Roast until skins are charred, about 20 minutes. Bring foil up around pepper and fold edges to enclose. Let stand until cool enough to handle, about 15 minutes. Using a sharp knife, loosen edges of skin; gently pull off skin in strips and discard.

Gazpacho Verde

HANDS ON 10 minutes
CHILL 5 minutes

- **3 cups fresh baby spinach (3 oz.)**
- **2 avocados, halved, seeded, peeled, and chopped**
- **1 English cucumber, cut into 1-inch pieces (2 cups)**
- **3 stalks celery, cut into 1-inch pieces**
- **1 cup ice cubes**
- **1 cup cold water**
- **½ to ⅔ cup purchased salsa verde**
- **¼ cup fresh lime juice**
- **Salt**
- **Black pepper**
- **Chopped avocado and/or cucumber (optional)**

1. In a food processor combine first eight ingredients (through lime juice). Cover and process until smooth, adding more salsa or water as needed to reach desired consistency.

2. Cover and refrigerate 5 to 10 minutes. Season to taste with salt and pepper. If you like, serve topped with additional chopped avocado and/or cucumber. **Makes 4 servings** (1⅓ cups each).

PER SERVING *150 cal., 11 g fat (1 g sat. fat), 0 mg chol., 390 mg sodium, 13 g carb., 7 g fiber, 3 g sugars, 3 g pro.*

Creamy Mulligatawny

HANDS ON 20 minutes **COOK** 20 minutes

- **2 Tbsp. butter**
- **1 Tbsp. olive oil**
- **2 cups chopped onion**
- **1 cup chopped carrot**
- **6 cloves garlic, minced**
- **2 tsp. grated fresh ginger**
- **1 Tbsp. curry powder**
- **½ tsp. salt**
- **2 Tbsp. tomato paste**
- **2 avocados, halved, seeded, peeled, and chopped**
- **4 cups reduced-sodium chicken broth**
- **1 lb. skinless, boneless chicken thighs, trimmed and cut into bite-size pieces**
- **1 cup red lentils**
- **1 bay leaf**
- **1 13.5-oz. can unsweetened coconut milk**
- **½ cup plain yogurt**
- **6 Tbsp. chopped fresh cilantro**
- **2 Tbsp. fresh lime juice**
- **Dash cayenne pepper**
- **Hot cooked basmati rice and/or warm naan (optional)**

1. In a 4- to 6-qt. pot heat butter and oil over medium. Add onion and carrot. Cook, stirring occasionally, until onion is tender, 5 minutes. Add garlic, ginger, curry powder, and salt. Cook 1 minute more, stirring constantly. Stir in tomato paste until evenly combined.

2. In a blender or food processor combine one of the avocados and 2 cups of the broth. Cover and blend until smooth. Add avocado mixture, remaining chicken broth, chicken thighs, lentils, and bay leaf to pot. Bring to boiling; reduce heat. Simmer, covered, stirring occasionally, until carrots are tender and chicken is no longer pink, about 20 minutes. Remove from heat; discard bay leaf. Stir in coconut milk.

3. In the blender or food processor combine remaining chopped avocado, yogurt, 4 Tbsp. of the cilantro, the lime juice, and cayenne. Cover and blend or process until smooth. Serve stew topped with yogurt mixture and remaining 2 Tbsp. cilantro. Serve with rice and/or naan (if using). **Makes 6 servings** (1½ cups each).

PER SERVING *613 cal., 28 g fat (15 g sat. fat), 83 mg chol., 747 mg sodium, 60 g carb., 11 g fiber, 7 g sugars, 31 g pro.*

Lentil Lowdown Lentils are the small dried seeds of a shrub native to Africa and regions that border the Mediterranean Sea. Unlike beans, lentils don't require soaking before cooking. Lentils cook in varying amounts of time depending on the color. Follow the package directions to cook.

MMMM . . . WHAT IS IT?

Mulligatawny comes from southern India and means "pepper water" in the Tamil language. Here, we're blending in avocado for a delicious creaminess.

Chili Crisp

Spicy, savory, and crunchy, chili crisp is a Chinese chili oil condiment with crispy bits of garlic and seeds. Stir well before spooning it up to get the ideal blend. Keep in mind: This is spicy, so start with a small amount.

1.

MAKE IT YOUR WAY

A TOAST FOR YOU

AVOCADO TOAST HAS A FAN FOLLOWING FOR GOOD REASON. IT'S A SIMPLE YET IRRESISTIBLE SNACK (OR QUICK MAIN DISH) PACKED WITH NUTRIENTS TO GET YOU THROUGH THE DAY. KEEP IT EXCITING WITH DIFFERENT TOPPING COMBOS EVERY TIME!

TOAST VARIATIONS

1. Fried Egg & Chili Crisp
Spread toast with mashed avocado. Top with a fried egg; drizzle with chili crisp (tip, *above*).

2. Pickled Avocado & Egg
Spread toast with mayonnaise and mustard. Top with Quick-Pickled Avocado slices *(p. 13)* and sliced Hard-Cooked Egg *(p. 41)*. Sprinkle with fresh dill and paprika.

3. Peaches & Pancetta
Top toast with sliced peaches, sliced avocado, and cooked chopped pancetta; drizzle with chile-infused honey.

4. Mediterranean-Style
Spread toast with hummus. Top with chopped avocado, halved cherry tomatoes, sliced Persian cucumber, and sliced shallots; drizzle with olive oil. Sprinkle with fresh mint and dukkah (info, *opposite above*).

5. Spanish-Style
Top toast with arugula, sliced avocado, blistered cherry tomatoes, and cooked diced Spanish chorizo; drizzle with sherry vinegar. Sprinkle with grated Manchego cheese.

6. Pineapple & Chile-Lime
Spread toast with mashed avocado. Top with seared chopped pineapple and Pickled Red Onion slices *(p. 81)*; sprinkle with chile-lime seasoning (such as Tajín).

2.
Dukkah
Dukkah is an Egyptian nut-and-spice mixture that often includes toasted nuts, sesame, and cumin.
4.
3.
5.
6.

GRILLED AVOCADO AND PINEAPPLE SALAD

p. 67

FRESH & LEAFY

STACKED SALADS

Wimpy side salads need not apply. These loaded toss-togethers pile the toppings—veggies, fruit, cheeses, proteins, and, of course, avocado—over lush beds of crisp greens.

Citrus Salad with Avocado

START TO FINISH 30 minutes

- ¼ cup fresh lime juice
- ¼ cup fresh orange juice
- 3 Tbsp. vegetable oil
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 Tbsp. minced shallot
- 1 Tbsp. honey
- Salt and black pepper
- 3 cups torn butterhead (Boston or Bibb) lettuce
- 2 cups chopped romaine lettuce
- 1 cup bite-size sticks peeled jicama
- 1 medium grapefruit, peeled and sectioned (info, *p. 27*)
- 1 medium orange, peeled and sectioned (info, *p. 27*)
- ½ cup thinly sliced red onion
- 1 avocado, halved, seeded, peeled, and sliced
- ½ cup roasted, salted pepitas (pumpkin seeds)
- ½ cup crumbled queso fresco, goat cheese (chèvre), or feta cheese

1. For vinaigrette, in a medium bowl whisk together first six ingredients (through honey). Season to taste with salt and pepper.

2. Combine butterhead and romaine lettuces on a platter. Top with jicama, grapefruit, orange, red onion, and avocado. Drizzle with half of the vinaigrette. Top with pepitas and cheese. Serve remaining vinaigrette on the side. **Makes 8 servings.**

PER SERVING *227 cal., 17 g fat (3 g sat. fat), 5 mg chol., 133 mg sodium, 16 g carb., 4 g fiber, 8 g sugars, 7 g pro.*

JICAMA The white-flesh tuberous root of jicama is both juicy and crunchy when served fresh. Regarded as a root vegetable, like potatoes and turnips, jicama is actually a member of the bean family. It's most commonly used in Mexican cuisine and can be found in the produce section of large, well-stocked supermarkets or Mexican markets.

PHOTO, P. 64

Grilled Avocado and Pineapple Salad

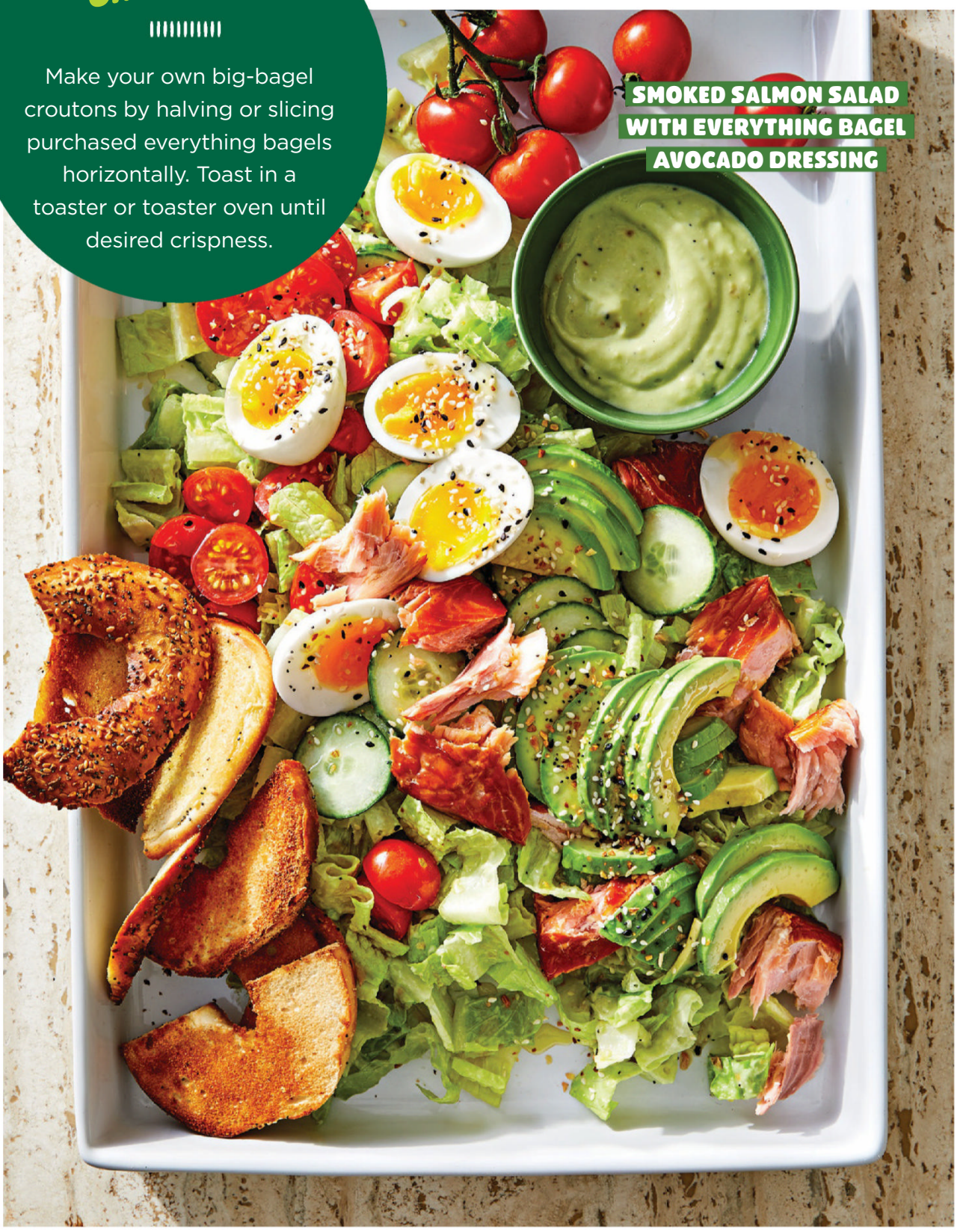
HANDS ON 20 minutes
GRILL 5 minutes
COOL 5 minutes

- 2 Tbsp. sugar
- ½ tsp. hot chili powder
- 1 fresh pineapple, peeled, cored, halved, and sliced ¾ inch thick
- 3 firm, ripe avocados, halved, seeded, and peeled
- ⅓ cup plus 1 Tbsp. olive oil
- ⅓ cup white wine vinegar
- ⅓ cup fresh orange juice
- ¼ cup chopped fresh cilantro leaves
- 2 cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 cup coarsely chopped red onion
- 1 cup 1-inch pieces yellow or red bell pepper
- 1 cup fresh blackberries, rinsed and drained
- 2 cups chopped romaine heart

1. In a small bowl combine sugar and chili powder. Sprinkle sugar mixture evenly over pineapple slices. Brush cut sides of avocados with 1 Tbsp. of the oil. Grill pineapple slices and avocados, cut sides down, on a greased grill rack over medium-high, turning pineapple once, until pineapple is golden brown and avocados have deep brown grill marks, 5 to 10 minutes. Remove; cool 5 minutes If you like, halve avocados.
2. For dressing, in a medium bowl whisk together remaining ⅓ cup olive oil and next six ingredients (through black pepper) until combined. Remove half of the dressing to a second medium bowl. Add pineapple and avocado to one bowl. Add onion, bell pepper, blackberries, and lettuce to the other bowl. Toss each gently to combine. Serve lettuce mixture topped with pineapple mixture.
Makes 6 servings.
PER SERVING *330 cal., 25 g fat (3 g sat. fat), 0 mg chol., 276 mg sodium, 29 g carb., 8 g fiber, 16 g sugars, 3 g pro.*

BAGELS ON THE SIDE

Make your own big-bagel croutons by halving or slicing purchased everything bagels horizontally. Toast in a toaster or toaster oven until desired crispness.



Smoked Salmon Salad with Everything Bagel Avocado Dressing

START TO FINISH 15 minutes

- 4 cups chopped romaine lettuce or mixed greens
- 1 cup halved cherry tomatoes
- 1 cup sliced English cucumber
- 1 avocado, halved, seeded, peeled, and sliced
- 4 oz. hot-smoked salmon, flaked
- 3 Medium-Cooked Eggs *(right)*, peeled and halved
- Black pepper
- 1 avocado, halved, seeded, peeled, and sliced
- ½ cup milk
- 1 Tbsp. everything bagel seasoning*

1. In a serving dish arrange first five ingredients (through salmon). Top with eggs. Season with pepper.
2. For dressing, in a small food processor or blender combine remaining ingredients. Cover and process until smooth. Serve salad with dressing. **Makes 2 servings.**
MEDIUM-COOKED EGGS Prepare Hard-Cooked Eggs as directed on *p. 41*, reducing the cooking time to 8 to 10 minutes total.
***TIP** To make your own everything bagel seasoning, stir together 1 tsp. each sesame seeds and poppy seeds, ½ tsp. each dried minced onion and dried minced garlic, and ¼ tsp. each salt and dried lemon peel.
PER SERVING *518 cal., 34 g fat (7 g sat. fat), 320 mg chol., 1,324 mg sodium, 22 g carb., 11 g fiber, 9 g sugars, 28 g pro.*

Succotash Salad with Buttermilk Avocado Dressing

HANDS ON 25 minutes
COOK 18 minutes

- **2 ears fresh corn, husks and silks removed (tip, *below right*)**
- **1 cup fresh lima beans (tip, *below right*)**
- **¾ cup buttermilk**
- **½ of an avocado, seeded, peeled, and cut up**
- **1 Tbsp. chopped fresh flat-leaf parsley**
- **1 clove garlic, minced**
- **¼ tsp. salt**
- **¼ tsp. onion powder**
- **¼ tsp. dry mustard**
- **¼ tsp. black pepper**
- **1 large head butterhead (Boston or Bibb) lettuce, torn**
- **1 recipe Grilled Chicken, sliced**
- **½ cup finely chopped red onion**
- **½ cup crumbled blue or feta cheese (2 oz.)**
- **6 slices bacon, crisp-cooked and crumbled**

1. Cut corn kernels from cobs. In a medium saucepan cook lima beans in boiling, lightly salted water until tender, 15 minutes. Remove with a slotted spoon. Add corn to water in saucepan. Cook until tender, 3 minutes; drain.
2. For dressing, in a blender combine next eight ingredients (through pepper). Cover and blend until smooth. Transfer to a small bowl.
3. Line a large platter or dinner plates with lettuce. Arrange rows of corn, lima beans, chicken, onion, cheese, and bacon on top. Serve with dressing. **Makes 4 servings.**
GRILLED CHICKEN Lightly sprinkle 12 oz. skinless, boneless chicken breasts with salt and black pepper. Grill chicken, covered, over medium, turning once, until done (165°F), 12 to 15 minutes.
PER SERVING *375 cal., 15 g fat (6 g sat. fat), 87 mg chol., 692 mg sodium, 24 g carb., 5 g fiber, 7 g sugars, 36 g pro.*

KITCHEN CONFIDENTIAL

When fresh isn't available, use 1 cup each frozen whole kernel corn and frozen lima beans, cooked according to package directions.

AVOCADO CROUTONS

Preheat oven to 425°F. Line a shallow baking pan with parchment paper. In a small bowl place ½ cup all-purpose flour. In a second small bowl whisk together 2 eggs and 2 Tbsp. milk. In a third small bowl combine 1 cup panko and ¾ tsp. each paprika, garlic powder, onion powder, and salt. Cut 2 firm, ripe peeled avocados into ¾-inch pieces. Working with a few at a time, coat avocado pieces in flour and then in egg mixture. Coat with bread crumbs. Arrange breaded avocado pieces in prepared pan. Lightly coat with nonstick cooking spray. Bake, turning and coating with additional cooking spray halfway through, until golden brown, 10 to 12 minutes. Remove and cool in pan on a wire rack. Use immediately.

NOTE Avocado Croutons do not store well.

Seafood Louie Salad with Avocado Croutons

START TO FINISH 30 minutes

- ½ **cup mayonnaise**
- ¼ **cup cocktail sauce**
- 3 **Tbsp. finely chopped yellow onion**
- 1 **clove garlic, minced**
- 1 **Tbsp. fresh lemon juice**
- 2 **tsp. finely chopped fresh parsley**
- 1 **tsp. Worcestershire sauce**
- **Salt and black pepper**
- 10 **cups chopped Bibb lettuce**
- 1 **cup halved cherry tomatoes**
- 2 **cups sliced English cucumber**
- 8 **oz. fresh peeled, deveined cooked small shrimp**
- 6 **oz. fresh or canned jumbo lump crabmeat (choose Dungeness, if available)**
- 3 **Hard-Cooked Eggs *(p. 41)*, peeled and halved and/or quartered**
- 1 **recipe Avocado Croutons *(left)***
- **Lemon wedges**

1. In a small bowl stir together first seven ingredients (through Worcestershire). Season to taste with salt and pepper.

2. On a large platter arrange lettuce, tomatoes, and cucumber. Top with shrimp, crabmeat, egg wedges, and Avocado Croutons. Serve with lemon wedges and dressing. **Makes 6 servings.**

PER SERVING *449 cal., 26 g fat (5 g sat. fat), 256 mg chol., 873 mg sodium, 29 g carb., 5 g fiber, 6 g sugars, 26 g pro.*

ON THE SIDE

DRESS IT UP

With a pinch of this and a dash of that, one universal lemony avocado dressing transforms into a customized sauce for seven unique sides and salads.

ROMAINE AND RED PEAR CHOPPED SALAD
p. 75
CUSTOMIZE
Just add fresh tarragon.

START WITH THE BASE DRESSING!

Avocado-Lemon Dressing

START TO FINISH
10 minutes

- **2 avocados, halved, seeded, peeled, and chopped**
- **6 Tbsp. olive oil**
- **6 Tbsp. fresh lemon juice**
- **5 Tbsp. cold water**
- **¼ cup packed fresh parsley leaves**
- **1 tsp. salt**

In a blender combine all ingredients. Cover and blend until smooth, scraping down sides and pulsing as needed, 1 to 2 minutes. Transfer to a bowl. Cover surface of dressing with plastic wrap. Use in desired side dish or chill up to 2 days. **Makes 2 cups.**

PER 2-TBSP. SERVING *74 cal., 8 g fat (1 g sat. fat), 0 mg chol., 147 mg sodium, 2 g carb., 1 g fiber, 0 g sugars, 0 g pro.*

CUSTOMIZE Just add za'atar seasoning.

Quinoa Grain Salad

START TO FINISH 25 minutes

- **1 cup tricolor quinoa, rinsed and drained**
- **1 cup Avocado-Lemon Dressing *(left)***
- **2 tsp. za'atar seasoning**
- **1 15.5-oz. can chickpeas, rinsed and drained**
- **8 oz. feta cheese, cut into ¼-inch cubes**
- **1 cup finely chopped yellow bell pepper**
- **1½ cups finely chopped tomato**
- **½ cup thinly sliced red onion**
- **½ cup packed coarsely chopped fresh flat-leaf parsley**
- **¼ tsp. salt**
- **1 Tbsp. olive oil**

1. Cook quinoa according to package directions. In a small bowl whisk together Avocado-Lemon Dressing and 1 tsp. of the za'atar seasoning. In a large bowl combine dressing mixture, the cooked quinoa, and next seven ingredients (through salt); toss gently to coat.

2. Spoon quinoa mixture into a serving bowl. Drizzle with oil and sprinkle with remaining 1 tsp. za'atar seasoning. Serve salad warm, at room temperature, or chilled. **Makes 8 servings** (1 cup each).

PER SERVING *301 cal., 17 g fat (5 g sat. fat), 20 mg chol., 644 mg sodium, 30 g carb., 7 g fiber, 4 g sugars, 11 g pro.*

Warm Lemony Potato Salad

HANDS ON 20 minutes **COOK** 13 minutes

- 4 oz. fresh green beans, trimmed and cut into 1-inch pieces
- 1 24-oz. pkg. medley bite-size potatoes, halved (5 cups)
- 1 cup Avocado-Lemon Dressing *(opposite)*
- 2 tsp. Old Bay seasoning
- 1 cup fresh corn kernels
- ½ cup bias-sliced green onions
- 1 Fresno pepper, stemmed, seeded, and finely chopped (tip, *p. 27*) (2 Tbsp.)
- 2 Tbsp. chopped fresh parsley

1. Line a shallow baking pan with paper towels. In a 4- to 6-qt. pot bring water to boiling. Add green beans and cook until bright green and crisp-tender, 3 to 4 minutes. Remove beans with a fine-mesh sieve, then place under cold running water to cool; drain. Add the halved potatoes to boiling water and cook until tender when pierced with a paring knife, 10 to 12 minutes. Drain potatoes and place in prepared baking pan; let stand to dry and cool slightly.

2. In a large bowl whisk together Avocado-Lemon Dressing and 1 tsp. of the Old Bay seasoning. Add warm potatoes, green beans, corn, green onions, Fresno pepper, parsley, and remaining 1 tsp. Old Bay seasoning; toss to coat. If you like, top with additional parsley. **Makes 6 servings** (1 cup each). **PER SERVING** *209 cal., 11 g fat (2 g sat. fat), 0 mg chol., 423 mg sodium, 28 g carb., 4 g fiber, 4 g sugars, 3 g pro.*

CUSTOMIZE
Just add Old Bay seasoning.

Pasta Salad with Garden Vegetables

START TO FINISH 30 minutes

- 2½ cups dried cavatappi pasta (8 oz.)
- 2 Tbsp. olive oil
- 2 small zucchini, halved and sliced
- 1 medium red bell pepper, cut into 1½-inch pieces
- 2 cups multicolor cherry tomatoes
- 2 medium shallots, peeled and quartered, root ends left intact
- ½ tsp. salt
- ½ tsp. black pepper
- 1 cup Avocado-Lemon Dressing *(p. 72)*
- 2 tsp. dried Italian seasoning, crushed
- 1 8-oz. pkg. mozzarella pearls, drained
- ½ cup loosely packed fresh basil leaves

1. Cook pasta according to package directions; drain and rinse pasta with cool water.

2. Meanwhile, heat 1 Tbsp. of the oil in a 10-inch skillet over medium-high. Add zucchini and bell pepper; cook, stirring occasionally, until just beginning to soften and lightly charred, 3 to 5 minutes. Remove from skillet; keep warm. Heat remaining 1 Tbsp. oil in skillet; add tomatoes and shallots. Cook, stirring occasionally, until tomatoes are beginning to blister, about 5 minutes. Return zucchini and bell pepper to skillet. Remove from heat. Sprinkle with ¼ tsp. each of the salt and black pepper. Let cool slightly.

3. In a small bowl stir together Avocado-Lemon Dressing and Italian seasoning. Transfer vegetables to a large bowl, scraping all browned bits from skillet into bowl. Add ¼ cup of the dressing mixture, the cooled pasta, mozzarella pearls, basil, and remaining ¼ tsp. each salt and black pepper; toss gently to coat. If you like, top with additional basil. Serve pasta salad with remaining dressing on the side. **Makes 8 servings** (1 cup each).

PER SERVING *302 cal., 17 g fat (5 g sat. fat), 20 mg chol., 385 mg sodium, 29 g carb., 4 g fiber, 5 g sugars, 10 g pro.*

PHOTO, P. 71

Romaine and Red Pear Chopped Salad

START TO FINISH 15 minutes

- 1 cup Avocado-Lemon Dressing *(p. 72)*
- 2 Tbsp. chopped fresh tarragon
- 2 Tbsp. water
- 1 Tbsp. olive oil
- 5 cups chopped romaine hearts
- 2 unpeeled ripe red pears, sliced*
- 1 cup toasted walnut halves, coarsely chopped
- 1 avocado, halved, seeded, peeled, and sliced
- ½ cup dried cranberries
- ½ cup thinly bias-sliced celery (optional)
- Black pepper (optional)

In a large bowl stir together Avocado-Lemon Dressing, ½ Tbsp. of the tarragon, the water, and oil until combined. Toss half of the dressing with romaine. Transfer to a serving platter; top with next four ingredients (through cranberries) and (if using) celery and pepper. Top with remaining 1½ Tbsp. tarragon. Serve with remaining dressing. **Makes 8 servings** (1 cup each).

***TIP** Choose a pear with a little crunch to easily spear with your fork, such as a red Anjou.

PER SERVING *259 cal., 22 g fat (3 g sat. fat), 0 mg chol., 152 mg sodium, 17 g carb., 5 g fiber, 9 g sugars, 3 g pro.*

Apple and Melon Fruit Salad

START TO FINISH 10 minutes

- 1 cup Avocado-Lemon Dressing *(p. 72)*
- 2 Tbsp. honey
- 1 Tbsp. chopped fresh mint
- 4 cups chopped fresh honeydew melon
- 1¾ cups chopped unpeeled Granny Smith apples
- 1 cup seedless green grapes, halved
- 2 kiwis, peeled and sliced crosswise
- Fresh mint leaves and/or lemon zest

In a large bowl whisk together Avocado-Lemon Dressing, 1 Tbsp. of the honey, and the chopped mint. Add melon, apples, grapes, and kiwis; toss to evenly coat. Serve topped with mint leaves and/or lemon zest and drizzled with remaining 1 Tbsp. honey. **Makes 8 servings** (1 cup each).

PER SERVING *161 cal., 8 g fat (1 g sat. fat), 0 mg chol., 165 mg sodium, 24 g carb., 3 g fiber, 19 g sugars, 1 g pro.*

Spicy Napa Cabbage Slaw

START TO FINISH 20 minutes

- ¾ **cup Avocado-Lemon Dressing *(p. 72)***
- 1 **tsp. toasted sesame oil**
- 1 **tsp. seasoned rice vinegar**
- 2 **Tbsp. bottled chili crisp**
- 4 **cups thinly sliced napa cabbage**
- 1 **cup chow mein noodles**
- 1 **cup matchstick-cut carrots**
- 1 **cup sugar snap peas, trimmed and thinly sliced lengthwise**
- 1 **avocado, halved, seeded, peeled, and sliced (optional)**

In a large bowl stir together Avocado-Lemon Dressing, sesame oil, rice vinegar, and 1 Tbsp. of the chili crisp until combined. Just before serving, add cabbage, chow mein noodles, carrots, and peas to dressing mixture; toss to coat. If you like, top with avocado slices. Drizzle with the remaining 1 Tbsp. chili crisp. **Makes 4 servings** (about 1 cup each).

PER SERVING *271 cal., 20 g fat (3 g sat. fat), 0 mg chol., 507 mg sodium, 19 g carb., 5 g fiber, 4 g sugars, 4 g pro.*

CUSTOMIZE
Just add sesame oil, rice vinegar, and chili crisp.

Mashed Broccoli with Parmesan and Pistachios

START TO FINISH 20 minutes

- **8 cups fresh broccoli florets, trimmed and cut into 1-inch pieces**
- **¾ tsp. black pepper**
- **¼ tsp. salt**
- **1 cup Avocado-Lemon Dressing *(p. 72)***
- **3 Tbsp. shaved Parmesan cheese (1.5 oz.)**
- **3 Tbsp. chopped roasted, salted pistachios**
- **1 Tbsp. olive oil**
- **Lemon wedges and/or quarters**

1. In a 3- to 4-qt. pot bring water to boiling. Add broccoli; cook until tender and bright green, 6 minutes. Drain broccoli and return to pot. Add ½ tsp. of the pepper, the salt, and Avocado-Lemon Dressing. Coarsely mash with a potato masher.

2. Top broccoli mixture with Parmesan, pistachios, oil, and remaining ¼ tsp. pepper. Serve with lemon wedges.

Makes 4 servings (¾ cup each).

PER SERVING *317 cal., 25 g fat (5 g sat. fat), 7 mg chol., 651 mg sodium, 18 g carb., 8 g fiber, 4 g sugars, 11 g pro.*

CUSTOMIZE
Just add black pepper.

ON THE

HALF SHELL

HALVED AVOCADOS ARE ONE OF NATURE'S PERFECT EDIBLE BOWLS. PICK A COMBO AND STUFF 'EM TO THE BRIM FOR AN ALL-IN-ONE DISH.

1. Strawberry Caprese-Stuffed Avocados

In a medium bowl whisk together 3 Tbsp. each olive oil and white balsamic vinegar and ¼ tsp. each salt and black pepper. Gently stir in 1 cup sliced strawberries, ¾ cup fresh mozzarella pearls, and ¼ cup shredded fresh basil. Halve and seed 3 avocados. Spoon strawberry mixture into avocado halves. If you like, garnish with additional shredded basil and black pepper. **Makes 6 servings** (⅓ cup strawberry mixture + 1 avocado half each).

PER SERVING *235 cal., 20 g fat (4 g sat. fat), 10 mg chol., 145 mg sodium, 11 g carb., 5 g fiber, 5 g sugars, 4 g pro.*

3. Taco-Stuffed Avocados

In a 10-inch skillet add 8 oz. lean ground beef; ¼ cup finely chopped red onion; 2 cloves garlic, minced; 2 tsp. chili powder; ½ tsp. ground cumin; and ¼ tsp. salt. Cook over medium-high until beef is browned, 5 minutes. Stir in 1 cup chopped tomato and ½ cup chopped fresh cilantro. Halve and seed 4 avocados. Spoon mixture into avocado halves. Top with grated Mexican cheese blend. **Makes 8 servings** (¼ cup filling + 1 avocado half each).

PER SERVING *179 cal., 14 g fat (3 g sat. fat), 21 mg chol., 137 mg sodium, 8 g carb., 5 g fiber, 1 g sugars, 8 g pro.*

2. Tuna-Stuffed Avocados

In a medium bowl stir together 1 (12-oz.) can solid white tuna packed in water, drained; 2 Tbsp. mayonnaise; 3 green onions, thinly sliced; ½ cup chopped red bell pepper; 1 tsp. white balsamic vinegar; ¼ tsp. black pepper; and 1 pinch garlic powder. Halve and seed 2 avocados. Spoon tuna mixture over avocado halves. If you like, garnish with shards of green onion. **Makes 4 servings** (½ cup tuna mixture + 1 avocado half each).

PER SERVING *279 cal., 18 g fat (3 g sat. fat), 39 mg chol., 372 mg sodium, 8 g carb., 5 g fiber, 2 g sugars, 22 g pro.*

4. Nectarine- and Cantaloupe-Stuffed Avocados

In a bowl whisk together 3 Tbsp. fresh lime juice, 1 Tbsp. olive oil, 1 tsp. honey, and ¼ tsp. salt. Add ¾ cup each chopped fresh nectarine and cantaloupe and 2 Tbsp. chopped fresh basil; stir gently to coat. Halve and seed 2 avocados. Spoon fruit mixture into each avocado half. If you like, garnish with thinly sliced serrano pepper (tip, *p. 27*) and additional fresh basil leaves. **Makes 4 servings** (¼ cup fruit mixture + 1 avocado half each).

PER SERVING *172 cal., 14 g fat (2 g sat. fat), 0 mg chol., 156 mg sodium, 13 g carb., 5 g fiber, 6 g sugars, 2 g pro.*

EASIER EATING

Use a spoon to loosen avocado flesh from peel before topping with salad.

LUNCHES ON THE RUN

A++ SAMMIES & WRAPS

Tucking avocado slices into sandwiches may be nothing new, but this creamy fruit is more than a one-trick pony when it comes to the lunch line. With a few extra ingredients, avocados make delicious work out of a dipping sauce, a pesto, a tangy spread, and a marinade.

Green-on-Green Sandwiches

HANDS ON 15 minutes
CHILL 30 minutes

- **8 slices whole grain bread**
- **1 recipe Avocado-Herb Pesto**
- **½ cup Pickled Red Onions**
- **1 cup large fresh spinach leaves**
- **2 medium tomatillos, husked and rinsed, or 1 medium green tomato, very thinly sliced**
- **½ of an avocado, seeded, peeled, thinly sliced, and brushed lightly with fresh lime juice**
- **2 oz. thinly sliced fresh mozzarella cheese**
- **1 cup thin English cucumber slices**
- **8 small green leaf or Bibb lettuce leaves**
- **Black pepper (optional)**

Spread bread slices with Avocado-Herb Pesto. Arrange remaining ingredients in between bread slices. Wrap sandwiches tightly in plastic wrap. Chill at least 30 minutes or up to 4 hours before serving. **Makes 4 sandwiches.**

AVOCADO-HERB PESTO In a small food processor combine 1¼ cups packed fresh basil leaves; 2 Tbsp. each chopped toasted slivered almonds, chopped fresh flat-leaf parsley, and chopped fresh tarragon; and 1 large clove garlic, quartered. Cover and process until finely chopped. Add ½ of a medium avocado, seeded, peeled, and chopped; 3 Tbsp. olive oil; 2 tsp. fresh lemon juice; and ¼ tsp. each salt and black pepper. Process to a coarse puree. Transfer to a small bowl; cover surface of pesto with plastic wrap. Chill up to 4 hours before serving.

PICKLED RED ONIONS In a bowl combine ½ cup red wine vinegar, 1 Tbsp. sugar, and ¼ tsp. salt, stirring until sugar dissolves. Stir in 1 large red onion, halved and thinly sliced. Cover; let stand at room temperature 1½ hours, stirring occasionally. Chill up to 3 days. Drain before using.

PER SANDWICH *456 cal., 22 g fat (4 g sat. fat), 10 mg chol., 548 mg sodium, 50 g carb., 11 g fiber, 11 g sugars, 16 g pro.*

Open-Face BLT+A Sandwiches

START TO FINISH 15 minutes

- 1 avocado, halved, seeded, peeled, and chopped
- 2 Tbsp. sour cream
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- 1 tsp. Dijon mustard
- ½ tsp. salt
- 1 to 2 Tbsp. water
- 4 slices sourdough bread, toasted
- 4 romaine lettuce leaves, torn in half
- 1 medium tomato, thinly sliced
- 1 avocado, halved, seeded, peeled, and thinly sliced
- 8 slices bacon, crisp-cooked and halved crosswise
- 4 Poached Eggs *(right)*
- 2 Tbsp. chopped fresh chives
- Black pepper (optional)

1. For spread, in a small food processor combine first six ingredients (through salt). Cover and process until smooth, scraping sides as needed. Add enough water to make desired consistency. Transfer to a serving bowl; cover surface of sauce with plastic wrap; let stand while assembling sandwiches or up to 45 minutes.

2. To assemble, smear bread slices with spread and top with lettuce, tomato, sliced avocado, bacon, and poached eggs. Sprinkle with chives and black pepper (if using).

Makes 4 sandwiches.

PER SANDWICH *377 cal., 26 g fat (6 g sat. fat), 205 mg chol., 817 mg sodium, 22 g carb., 6 g fiber, 3 g sugars, 16 g pro.*

POACHED EGGS

In a 10-inch deep skillet combine 4 cups water and 1 Tbsp. vinegar. Bring to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water). Break an egg into a cup and slip egg into the simmering water. Repeat with 3 more eggs, allowing each egg an equal amount of space in the water. Simmer eggs, uncovered, until whites are completely set and yolks begin to thicken but are not hard, 3 to 4 minutes. Remove eggs. Season to taste with salt and black pepper.

Avocado-Buttermilk Marinade

In a blender or food processor combine 1 small avocado, halved, seeded, peeled, and chopped; ½ cup buttermilk; 1 small fresh jalapeño pepper, halved and seeded; ½ tsp. lime zest; 1 Tbsp. fresh lime juice; and ¼ tsp. each salt and ground cumin. Cover and blend or process until smooth, scraping sides of bowl as needed.

Fried Chicken Sandwiches

HANDS ON 30 minutes
MARINATE 4 hours
COOK 6 minutes per batch

- 8 chicken breast tenderloins (about 1 lb.)
- ¼ tsp. plus ⅛ tsp. salt
- 1 recipe Avocado-Buttermilk Marinade *(opposite)*
- ½ cup all-purpose flour
- 2 eggs, lightly beaten
- 1½ cups corn bread stuffing mix, crushed
- ¼ cup vegetable oil
- 4 Tbsp. mayonnaise
- 2 tsp. Dijon mustard
- ½ tsp. smoked paprika
- 4 hamburger buns or ciabatta buns, split and toasted
- 1 avocado, halved, seeded, peeled, and mashed
- 4 lettuce leaves
- 8 tomato slices
- 2 very thin red onion slices, separated into rings

1. Place chicken in a medium bowl. Sprinkle with ¼ tsp. of the salt. Pour Avocado-Buttermilk Marinade over chicken; turn pieces to coat. Cover; marinate in the refrigerator 4 to 6 hours.
2. Place flour in a shallow dish. Add eggs to a second shallow dish. Place crushed stuffing mix in a third shallow dish. Remove chicken pieces from marinade; discard marinade. Dip each chicken piece in flour, turning to coat. Dip in eggs, then in stuffing mix, coating completely.
3. In a 10-inch skillet heat oil over medium. Cook half of the coated chicken in hot oil, turning once, until chicken is done (165°F) and golden brown, 6 to 8 minutes. Repeat with remaining chicken, adding additional oil if needed.
4. Meanwhile, in a small bowl combine mayonnaise, mustard, paprika, and remaining ⅛ tsp. salt. Spread buns with mayonnaise mixture and mashed avocado. Serve chicken, lettuce, tomato, and onion in buns. **Makes 4 sandwiches.**
PER SANDWICH *822 cal., 41 g fat (7 g sat. fat), 182 mg chol., 1,157 mg sodium, 69 g carb., 5 g fiber, 5 g sugars, 41 g pro.*

Air-Fryer Wasabi Egg Salad Wraps

HANDS ON 10 minutes
COOK 20 minutes
COOL 5 minutes

- 6 eggs
- 1 avocado, halved and seeded
- 1 Tbsp. fresh lime juice
- 2 to 3 tsp. wasabi sauce
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ cup chopped cucumber
- 8 Bibb lettuce leaves
- Fresh cilantro (optional)
- Lime wedges (optional)

1. Preheat air fryer to 250°F for 5 minutes. Add whole eggs with shells to air-fryer basket and cook 20 minutes. Immediately plunge eggs into an ice bath. Let stand until cool, about 5 minutes. Drain eggs. Peel and coarsely chop.
2. Scoop the flesh from avocado halves into a medium bowl. Add lime juice and wasabi sauce; mash until mostly smooth. Stir in salt and pepper. Gently stir in eggs and cucumber. Divide mixture among lettuce leaves. Top with cilantro and serve with lime wedges (if using). **Makes 4 servings** (2 wraps each).
PER SERVING *188 cal., 13 g fat (3 g sat. fat), 279 mg chol., 426 mg sodium, 9 g carb., 3 g fiber, 2 g sugars, 11 g pro.*

Crunchy Tofu Collard Green Wraps with Avocado Dipping Sauce

HANDS ON 30 minutes
BAKE 20 minutes at 425°F

- **1 Tbsp. vegetable oil**
- **1 Tbsp. reduced-sodium soy sauce**
- **1 clove garlic, minced**
- **1 14- to 16-oz. pkg. extra-firm tub-style tofu, drained, pressed (tip, *below*), and cut into 1-inch cubes**
- **1 Tbsp. cornstarch**
- **¼ cup teriyaki sauce or sweet-and-sour sauce**
- **2 avocados, halved, seeded, and peeled**
- **1 5.3-oz. container plain low-fat Greek yogurt**
- **¼ cup chopped fresh cilantro**
- **2 Tbsp. chopped fresh Thai basil leaves**
- **1 Tbsp. fresh lime juice**
- **⅛ tsp. salt**
- **⅛ tsp. black pepper**
- **1 to 3 Tbsp. milk**
- **8 large collard green leaves, washed***
- **1 cup shredded carrots**
- **1 cup shredded red cabbage**
- **1 cup red bell pepper strips**
- **Sriracha sauce (optional)**

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with parchment paper. In a medium bowl whisk together oil, soy sauce, and garlic. Add tofu cubes; toss gently to coat. Sprinkle with about half of the cornstarch, gently tossing to coat. Sprinkle with remaining cornstarch, tossing to coat tofu evenly.

2. Spread tofu in an even layer in prepared pan. Bake, stirring once, until tofu is golden brown, 20 to 25 minutes. Remove from oven. Drizzle with teriyaki sauce; toss to coat.

3. Meanwhile, for dipping sauce, chop one avocado; place in a blender or food processor. Add yogurt, half the cilantro, the Thai basil, lime juice, salt, and black pepper. Cover and blend until smooth, scraping sides as needed and adding enough milk to reach desired consistency.

4. Cut off bottom stems of collards. Place leaves shiny sides down; using a peeler, shave center veins even with leaves. Place two leaves on a paper towel; microwave 30 seconds. Repeat with remaining leaves.

5. To fill, place leaves shiny sides up, with center veins running horizontally. Cut remaining avocado into 16 slices. Top collard leaves with avocado slices, tofu, carrots, cabbage, bell pepper, and remaining cilantro. Fold in sides and roll tightly. Cut each wrap in half to serve. Serve with dipping sauce and sriracha (if using). **Makes 8 wraps.**

***TIP** Fresh collard greens can be sandy, so wash them well by dunking in cold water and swishing them around. Give them a good shake and pat dry.

PER WRAP *162 cal., 10 g fat (1 g sat. fat), 2 mg chol., 462 mg sodium, 11 g carb., 5 g fiber, 4 g sugars, 9 g pro.*

Under Pressure For the best outcome, press tofu before cooking to remove its water content. Place drained tofu on a plate lined with a double layer of paper towels. Top tofu with another double layer of paper towels, place another plate on top, then weight it down with a heavy can of food 20 to 60 minutes. This will extract much of the moisture. Or use a spring-operated tofu press, available at specialty kitchen shops.

Shredded Beef Cuban Sandwiches

HANDS ON 20 minutes
SLOW COOK 8 hours (low) or 4 hours (high)

- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. black pepper
- ⅛ tsp. ground allspice
- 1 2- to 2½-lb. boneless beef chuck roast, trimmed of fat and cut into 2-inch pieces
- 3 Tbsp. vegetable oil
- 2 cups sliced onions
- 1 cup green bell pepper strips
- 4 cloves garlic, minced
- ¼ cup fresh orange juice
- ¼ cup fresh lime juice
- 6 bolillo rolls, split
- 1 recipe Citrus Mayo
- 1 recipe Marinated Avocado
- 12 slices Swiss cheese

1. In a small bowl combine first five ingredients (through allspice). Rub spice mixture onto all sides of beef pieces. In a 10-inch skillet cook meat, half at a time, in 1 Tbsp. hot oil over medium-high until browned on all sides.
2. In a 4- to 6-qt. slow cooker layer onions, bell pepper, and garlic. Pour orange juice and lime juice over vegetables. Place meat on top of vegetables. Cover and cook on low 8 hours or on high 4 hours.
3. Using a slotted spoon, remove meat from slow cooker. Shred meat using two forks; place shredded meat in a large bowl. Strain cooking liquid, reserving vegetables. Add ¼ to ½ cup cooking liquid to meat to moisten. Stir in reserved vegetables. Discard any remaining cooking liquid.
4. Brush exterior of rolls with the remaining 2 Tbsp. oil. Spread interiors with Citrus Mayo. Fill rolls with meat mixture, Marinated Avocado, and cheese.
5. Add two sandwiches to a 12-inch skillet; heat over medium-high. Weight down with a 10-inch skillet (add a few unopened cans of food to top skillet for added weight). Cook about 3 minutes or until golden. Turn sandwiches; replace skillet and cans. Cook about 3 minutes more or until golden and cheese is melted. Repeat with remaining sandwiches. **Makes 6 sandwiches.**
CITRUS MAYO In a small bowl whisk together ¼ cup reduced-fat mayonnaise, ½ tsp. orange zest, 1 tsp. fresh orange juice, ¼ tsp. lime zest, ½ tsp. fresh lime juice, ⅛ tsp. salt, and a dash black pepper.
MARINATED AVOCADO In a bowl whisk together 1 Tbsp. fresh lime juice, 2 tsp. honey, ⅛ tsp. each salt and crushed red pepper, and a dash black pepper. Add 1 firm, ripe avocado, halved, seeded, peeled, and thinly sliced. Toss gently to coat. Cover; marinate at room temperature 15 minutes. Serve immediately or let stand up to 3 hours.
PER SANDWICH *669 cal., 31 g fat (10 g sat. fat), 103 mg chol., 895 mg sodium, 56 g carb., 5 g fiber, 9 g sugars, 41 g pro.*

BONUS

Pressure Cooker

TO PRESSURE COOK Prepare as directed in Step 1, except use the sauté setting of a 4- to 6-qt. electric pressure cooker to brown meat. Remove meat from cooker. Layer onions, bell pepper, and garlic in cooker. Pour orange juice and lime juice over vegetables. Place meat on top of vegetables. Lock lid in place. Set cooker on high pressure to cook 30 minutes. Let stand to release pressure naturally, at least 15 minutes. Carefully open steam vent to release any remaining pressure. Open lid carefully. Continue as directed in Step 3.

SWEETS & TREATS

HIDDEN GEMS

Now for avocado’s grand finale! The fruit’s high (good) fat content makes it a perfect stunt double for portions of less-healthy fats like butter and cream cheese in brownies, pudding, and even cheesecake!

STRAWBERRY-KIWI MATCHA-AVOCADO FREEZER POPS
p. 88

MORE MATCHA

Matcha's creamy-tasting notes are an ideal match for avocado in this ice pop. And the distinctive green tea powder has some serious health benefits. It's rich in antioxidants shown to reduce inflammation, lower blood pressure, and decrease heart disease risk.

PHOTO, P. 87

Strawberry-Kiwi Matcha-Avocado Freezer Pops

HANDS ON 20 minutes
FREEZE 6 hours

- 1 avocado, halved, seeded, peeled, and chopped
- ½ cup milk
- ¼ cup honey
- 1½ tsp. matcha (green tea powder)
- 2 cups honey-vanilla flavor Greek yogurt
- 6 small strawberries, hulled and sliced
- 2 kiwis, peeled and thinly sliced

1. In a blender or food processor combine avocado, milk, honey, and matcha. Cover and blend or process until smooth, scraping sides as needed. Transfer to a bowl. Add 1 cup of the yogurt; stir until well combined.
2. Spoon avocado mixture into ten 3½-oz. freezer pop molds. Add half of the strawberries and kiwis to molds. Spoon remaining 1 cup yogurt into molds over fruit. Add remaining fruit to molds.
3. Cover pops; freeze until firm, at least 6 hours. To remove from molds, quickly dip in hot water to loosen. Remove pops from molds.
Makes 10 pops.
PER POP *133 cal., 4 g fat (1 g sat. fat), 7 mg chol., 29 mg sodium, 22 g carb., 3 g fiber, 17 g sugars, 3 g pro.*

TRY THIS

REPLACING SOME OF THE CREAM CHEESE WITH AVOCADO KEEPS THIS DESSERT CREAMY BUT WITH FAR LESS SATURATED FAT.

Chocolate Pistachio Cheesecake

HANDS ON 1 hour
BAKE 40 minutes at 325°F
STAND 30 minutes
COOL 1 hour 15 minutes **CHILL** 4 hours

- Nonstick cooking spray
- 14 chocolate wafer cookies,* such as Nabisco Famous Chocolate Wafers
- ¼ cup unsalted, raw pistachios
- ¾ cup plus 2 Tbsp. granulated sugar
- 2 Tbsp. butter, melted
- 2 8-oz. pkg. reduced-fat cream cheese (neufchatel), softened
- 1 cup fat-free plain Greek yogurt
- ½ cup unsalted, raw pistachios, processed into pistachio nut butter**
- 1 avocado, halved, seeded, peeled, and mashed until smooth (½ cup)
- 2 Tbsp. cornstarch
- 2 egg whites
- 1 tsp. almond extract
- Pinch salt
- 1 recipe Greek Yogurt Vanilla Mousse *(below)*
- 1 12-oz. container frozen light whipped dessert topping, thawed

1. Preheat oven to 325°F. Lightly coat a 9-inch springform pan with cooking spray. For crust, in a food processor combine cookies, the ¼ cup pistachios, and 2 Tbsp. of the sugar. Pulse until nearly finely ground (it's OK to leave some texture). Add melted butter and pulse to combine. Using the bottom of a measuring cup, press mixture firmly and evenly into bottom of prepared pan.

2. In a large bowl beat cream cheese, yogurt, remaining ¾ cup sugar, the pistachio nut butter, avocado, and cornstarch with a mixer on medium just until mixture is nearly smooth. Beat in egg whites, almond extract, and salt until just combined. Carefully spread over crust in pan.

3. Bake until area around outside edge appears set when gently shaken, about 40 minutes. Turn off oven. Let cheesecake stand in oven 30 minutes.

4. Cool in pan on a wire rack 15 minutes. Using a thin metal spatula, loosen cheesecake from side of pan. Cool completely on wire rack, about 1 hour. Spread Greek Yogurt Vanilla Mousse over cooled cheesecake. Spread whipped topping over mousse. Cover; chill 4 to 12 hours. To serve, if you like, pipe with additional whipped topping and sprinkle with additional chopped pistachios. **Makes 8 slices.**

***TIP** If chocolate wafer cookies are not available, use purchased chocolate cookie piecrust removed from disposable pan. Mix crumbs with pistachios, sugar, and butter as directed in Step 1.

****TIP** In a small food processor blend unsalted pistachios until very smooth and a slightly loose consistency, about 6 minutes.

PER SLICE *567 cal., 32 g fat (17 g sat. fat), 59 mg chol., 351 mg sodium, 57 g carb., 3 g fiber, 37 g sugars, 15 g pro.*

Greek Yogurt Vanilla Mousse

In a medium bowl combine 1 cup fat-free plain Greek yogurt, ¼ cup heavy cream, 2 Tbsp. powdered sugar, 1 tsp. vanilla, and a pinch of salt. Beat with a mixer until fluffy, about 4 minutes. Use immediately, or cover and chill up to 5 days.

Coffee-Chocolate Brownies

HANDS ON 30 minutes
BAKE 25 minutes at 375°F

- 3 oz. dark chocolate (about 70% cacao), coarsely chopped
- ¼ cup butter
- ¾ cup all-purpose flour
- ⅓ cup unsweetened cocoa powder
- 1 Tbsp. instant espresso coffee powder
- ½ tsp. salt
- ½ tsp. baking soda
- 3 eggs
- 1 avocado, halved, seeded, peeled, and chopped
- ¾ cup granulated sugar
- ½ cup packed brown sugar
- 1 tsp. vanilla
- 1 recipe Cinnamon Browned Butter Icing
- Chocolate-covered espresso beans, coarsely chopped (optional)

1. In a small saucepan melt chocolate and butter over medium-low, stirring occasionally. Remove from heat; cool 10 minutes.
2. Preheat oven to 375°F. Line a 9×9-inch baking pan with foil; lightly grease foil. In a medium bowl whisk together the next five ingredients (through baking soda).
3. In a food processor combine the next five ingredients (through vanilla). Cover and process until smooth, scraping sides as needed. Add melted chocolate mixture. Cover; process until smooth. Add flour mixture. Cover; pulse until batter is just combined (do not overmix). Spread batter in prepared pan.
4. Bake until edges are just firm and top is set, 25 to 30 minutes. Cool completely in pan on a wire rack.
5. Use foil to lift uncut brownies from pan. Spread top with Cinnamon Browned Butter Icing. Cut into squares. Top with chocolate-covered espresso beans (if using). **Makes 16 brownies.**

CINNAMON BROWNED BUTTER ICING
In a heavy small saucepan melt 5 Tbsp. butter over medium-low; cook, stirring occasionally, until butter begins to turn golden brown and smells nutty, 15 to 20 minutes. Transfer butter to a medium bowl. Cool 10 minutes. Add 2 Tbsp. honey, ½ tsp. vanilla, and ¼ tsp. ground cinnamon; whisk until smooth. Whisk in ¾ cup powdered sugar until smooth, adding water, 1 tsp. at a time (about 2 tsp. total), until desired consistency. (The frosting will look separated at first but will come together with continued whisking and by adding a little water at a time.)

PER BROWNIE *232 cal., 11 g fat (6 g sat. fat), 52 mg chol., 156 mg sodium, 33 g carb., 2 g fiber, 25 g sugars, 3 g pro.*

Chocolate-Hazelnut Avocado Pudding

HANDS ON 25 minutes **CHILL** 1 hour

- ⅔ cup heavy cream
- 2 oz. dark chocolate (about 70% cacao), chopped
- 2 avocados, halved, seeded, peeled, and chopped (1½ cups)
- ⅓ cup sugar
- ½ cup chocolate-hazelnut spread
- 1 tsp. vanilla
- ⅛ tsp. salt
- ¼ cup chopped toasted hazelnuts
- Flaky sea salt

1. In a small saucepan heat ⅓ cup of the heavy cream over medium until boiling. Place chocolate in a medium heatproof bowl; pour hot cream over chocolate. Let stand 5 minutes without stirring; whisk until smooth. Cool 5 minutes.

2. In a chilled medium bowl beat remaining ⅓ cup heavy cream with a mixer on medium until soft peaks form (tips curl).

3. In a food processor combine next five ingredients (through salt). Cover; process until smooth, scraping sides as needed. Add melted chocolate mixture; cover and process until smooth. Fold half of the avocado mixture into the whipped cream; fold in remaining avocado mixture.

4. Cover pudding; chill 1 hour. To serve, top with chopped hazelnuts and flaky sea salt. **Makes 4 servings** (½ cup each).

PER SERVING *602 cal., 45 g fat (15 g sat. fat), 46 mg chol., 240 mg sodium, 51 g carb., 7 g fiber, 23 g sugars, 7 g pro.*

SWEETENED WHIPPED CREAM

Make a sweet topper: In a chilled small bowl beat ⅔ cup heavy cream, 2 Tbsp. sugar, and 1 tsp. vanilla with chilled beaters of a mixer on medium until soft peaks form (tips curl).

CHOCOLATE AVOCADO TRUFFLES

Chocolate Avocado Truffles

HANDS ON 20 minutes
CHILL 2 hours

- 4 oz. semisweet chocolate, chopped
- 4 oz. bittersweet chocolate, chopped
- ½ tsp. instant espresso coffee powder
- 1 tsp. vanilla
- 1 avocado, halved, seeded, peeled, and chopped
- ¼ tsp. salt
- Coatings: chopped pistachios, chopped peanuts, chopped almonds, toasted shredded coconut, unsweetened cocoa powder, crushed freeze-dried strawberries, desired-color sprinkles, melted semisweet chocolate, and/or flaky sea salt

1. In a bowl set over a saucepan of simmering water (bowl should not touch water) heat chocolates and espresso powder until melted and smooth, stirring occasionally. Remove from heat. Stir in vanilla.
2. In a food processor combine avocado, melted chocolate mixture, and salt; process until smooth, scraping sides as needed.
3. Transfer avocado mixture to a bowl and chill until set, at least 1 hour.
4. Line a baking sheet with parchment paper. Shape chilled avocado mixture into 1-inch balls (about 2 tsp. each). Roll balls in desired coatings; transfer to prepared baking sheet. Chill until set, at least 1 hour. Transfer to an airtight container; cover and chill up to 4 days. **Makes 20 truffles.**
PER TRUFFLE *72 cal., 5 g fat (2 g sat. fat), 0 mg chol., 30 mg sodium, 7 g carb., 2 g fiber, 5 g sugars, 1 g pro.*

PASTEURIZED EGGS

These whole, raw eggs have been pasteurized in the shell to kill bacteria like salmonella, so are safe to eat without cooking. They are sold in the egg case of many large supermarkets and are identified as pasteurized on the egg carton.

Caramel-Peanut Avocado Semifreddo

HANDS ON 15 minutes
FREEZE 6 hours

- 1 avocado, halved, seeded, peeled, and chopped
- 1 7-oz. container marshmallow creme
- ¾ cup caramel ice cream topping
- ½ cup creamy peanut butter
- 4 pasteurized egg whites (½ cup) (info, *left*)
- 1 cup heavy cream
- ⅓ cup chopped dry-roasted peanuts

1. Line a 9×5-inch loaf pan with a double layer of plastic wrap, leaving a 2-inch overhang on all sides. In a food processor combine avocado, marshmallow creme, ½ cup of the caramel topping, and the peanut butter. Cover and process until smooth, scraping sides as needed.
2. In a medium bowl beat egg whites with a mixer on high until stiff peaks form (tips stand straight). In a large bowl beat cream with the mixer on medium until soft peaks form (tips curl).
3. Add half of the avocado mixture to the whipped cream. Fold just until combined. Fold in remaining avocado mixture. Fold in half of the beaten egg whites just until combined. Fold in remaining egg whites.
4. Gently spoon mixture into prepared loaf pan; spread top to an even layer. Cover; freeze until firm, at least 6 hours or up to 2 weeks.
5. To serve, uncover semifreddo. Use plastic wrap to lift from the pan. Invert semifreddo onto a chilled platter. Drizzle with remaining ¼ cup caramel topping; sprinkle with peanuts. Cut into slices using a warm serrated knife. **Makes 8 slices.**
PER SLICE *464 cal., 26 g fat (10 g sat. fat), 34 mg chol., 254 mg sodium, 52 g carb., 3 g fiber, 36 g sugars, 8 g pro.*

LEMON-BLUEBERRY AVOCADO POUND CAKE WITH LEMON-MASCARPONE DRIZZLE

Lemon-Blueberry Avocado Pound Cake with Lemon-Mascarpone Drizzle

HANDS ON 20 minutes
BAKE 1 hour 15 minutes at 325°F
COOL 2 hours

- **3 cups plus 1 tsp. all-purpose flour**
- **½ tsp. baking powder**
- **½ tsp. salt**
- **¼ tsp. baking soda**
- **1 large avocado, halved, seeded, and peeled**
- **½ cup mascarpone cheese or tub-style cream cheese, softened (4 oz.)**
- **½ cup butter, softened**
- **2¼ cups granulated sugar**
- **6 eggs**
- **1 tsp. vanilla**
- **1 Tbsp. lemon zest**
- **¼ cup fresh lemon juice**
- **1½ cups fresh blueberries**
- **1 recipe Lemon-Mascarpone Drizzle**
- **Fresh blueberries (optional)**

1. Preheat oven to 325°F. Grease and lightly flour a 10-inch fluted tube pan. In a medium bowl whisk together 3 cups of the flour, the baking powder, salt, and baking soda.

2. In a food processor process avocado until nearly smooth. Add mascarpone cheese and butter; process until well combined. Transfer avocado mixture to a large bowl. Gradually add sugar, beating with a mixer on medium until light and fluffy, about 3 minutes. Add eggs, one at a time, beating well after each addition and scraping sides of bowl frequently. Beat in vanilla, lemon zest, and lemon juice.

3. Add flour mixture all at once to avocado mixture; beat on low until combined. In a medium bowl toss the 1½ cups blueberries and remaining 1 tsp. flour to coat. Gently fold blueberries into batter. Spread batter in prepared pan.

4. Bake until a toothpick comes out clean, 75 to 90 minutes. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely. Drizzle with Lemon-Mascarpone Drizzle, and top with lemon zest and additional blueberries (if using).

Makes 12 slices.

LEMON-MASCARPONE DRIZZLE In a medium bowl whisk together 2 Tbsp. mascarpone cheese (or tub-style cream cheese), softened, and 1 to 2 tsp. fresh lemon juice until smooth. Gradually whisk in ½ cup powdered sugar. Add milk, 1 tsp. at a time (2 tsp. total), to make a thick drizzling consistency.

PER SLICE *466 cal., 17 g fat (9 g sat. fat), 130 mg chol., 246 mg sodium, 71 g carb., 2 g fiber, 45 g sugars, 7 g pro.*

CHOCOLATE AVOCADO CUPCAKES

DON'T FEAR THE FAT

Avocados are some of the best sources of monounsaturated fats. This heart-healthy fat may reduce your LDL (bad) cholesterol and prevent heart disease and stroke. It is what gives avocados their signature creamy texture, a perfect addition to baked goodies.

Chocolate Avocado Cupcakes

HANDS ON 30 minutes
BAKE 18 minutes at 350°F

- **1½ cups all-purpose flour**
- **¼ cup unsweetened cocoa powder**
- **1 tsp. baking powder**
- **½ tsp. baking soda**
- **¼ tsp. salt**
- **1 avocado, halved, seeded, peeled, and chopped**
- **¼ cup butter, softened**
- **1¼ cups granulated sugar**
- **2 eggs**
- **1 tsp. vanilla**
- **½ cup milk**
- **1 recipe White Chocolate-Avocado Buttercream**
- **Crushed freeze-dried raspberries and/or chocolate sprinkles (optional)**

1. Preheat oven to 350°F. Grease eighteen 2½-inch muffin cups or line with paper bake cups. In a medium bowl whisk together the first five ingredients (through salt).
2. In a small food processor process avocado until smooth. Add butter; process until well combined. Transfer avocado mixture to a large bowl. Gradually add sugar, beating with a mixer on medium to high until light and fluffy, 2 to 3 minutes. Add eggs, one at a time, beating on low to medium for 1 minute after each addition. Beat in vanilla. Add flour mixture and milk alternately, beating on low after each addition just until combined. Spoon batter evenly into prepared muffin cups, filling each two-thirds full.
3. Bake until a toothpick comes out clean, 18 to 22 minutes. Cool in muffin cups on a wire rack about 5 minutes. Remove from muffin cups; cool on wire rack.
4. Frost tops with White Chocolate-Avocado Buttercream. Sprinkle with freeze-dried raspberries and/or chocolate sprinkles (if using).
Makes 18 cupcakes.

WHITE CHOCOLATE-AVOCADO BUTTERCREAM
In a medium microwave-safe bowl combine 4 oz. white baking chocolate, chopped, and ¼ cup heavy cream. Cook on 30% power, stirring twice, until melted, 2 to 3 minutes. Cool about 10 minutes. In a food processor combine 1 avocado, halved, seeded, peeled, and chopped; ¼ cup butter, softened; and 1 tsp. vanilla. Cover; process until smooth. Add melted chocolate mixture; process until smooth. Gradually add 3 cups powdered sugar, processing until smooth. Stir in additional heavy cream, 1 tsp. at a time (about 1 Tbsp. total), until frosting is piping consistency. Buttercream is best used immediately.

PER CUPCAKE *308 cal., 12 g fat (6 g sat. fat), 39 mg chol., 153 mg sodium, 48 g carb., 1 g fiber, 38 g sugars, 3 g pro.*

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